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MEDICAL
PHILANTHROPIST

48. 1684.

THE

MEDICAL PHILANTHROPIST,

ON

HEALTH, VIRILITY, AND HAPPINESS.

A PHYSIOLOGICAL DIGEST OF CAUSE AND EFFECT, AS CONNECTED WITH THE ABUSES OF THE SEXUAL PASSION, IN WHICH THE PERNICIOUS CONSEQUENCES OF SENSUALITY IN ALL THEIR VARIED FORMS, ARE FAITHFULLY AND FULLY DESCRIBED;

DESIGNED AS A BEACON TO YOUTH,

A CORRECTIVE TO THE

VICIOUS INDULGENCIES OF MATURE AGE,

AND AS AN INDUCEMENT TO THE SUFFERING VICTIMS OF FRAILTY TO SEEK THE MEANS OF RESTORATION TO

HEALTH, VIGOUR, AND MORAL PURITY;

TO WHICH ARE ADDED, OBSERVATIONS ON

LUES VENEREA, GONORRHŒA, STRICTURE, GLEET, &c.

WITH

INTERESTING REMARKS ON VARIOUS INCIDENTAL DISEASES, AND SUGGESTIONS FOR REMEDIAL TREATMENT,

WITH CASES IN ILLUSTRATION

OF THEIR SUCCESSFUL APPLICATION.

BY D. D. SWAYNE AND CO.,

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PREFACE.

THE principal object of the following pages is to offer a moral beacon to those who have been unable to resist temptation, and to give an exposition of principles, tending to elucidate certain morbid affections contracted by impure habits, and the abuse of organic functions, for the purpose of pointing out their pernicious and dangerous consequences, and suggesting the means of preventing or alleviating the evils superinduced by sensual indulgences. In treating the different subjects that have come under notice, we have had in view, the delicacy on the one hand, which their nature necessarily involves, and, on the other, the utility of technical explicitness requisite to elucidate the subject on which we treat. Our aim has thus been to conciliate the most fastidious scruples, by unfolding recondite, physical truths, of the highest importance to mankind, in language adapted to philosophical precision, and free from those offensive and equivocal forms of speech which uncultured minds are apt to employ as the vehicle of gross ideas. The physiological principles which form the basis of our small treatise, are established beyond all dispute, and are the result of that experimental research, which the best schools of the science have sanctioned and authenticated;—we thus far have laid a foundation for accuracy of *data*, in our profes-

sional investigations as to the causes of organic derangements;—we have proceeded on well-ascertained facts and phenomena relating to structure, and functions, both of a primary and subordinate order; and, from the arrangements, actions, and reactions, by which they are regulated in the vital machinery, we have been enabled to deduce a large mass of practical results, applicable to remedial objects.

It is no discouragement to us, that in undertaking a work of this kind, we are treading pre-occupied ground, nor is it our intention either to pioneer our way by the art of detraction, or to raise our own reputation by offering disparagement to others. It is sufficient for us, that years of successful practice in a branch of the medical art, of all others requiring the most studious and careful application, have given us claims to confidence from a large professional connection, and we have no fear of being deemed obtrusive or infringing, by the unprejudiced and right-thinking portion of the public, in thus, asking their suffrages for a new work. Quackery will, no doubt, feel itself disturbed by our efforts to diffuse among its dupes, the enlightenments of a legitimate and amply-tested mode of dealing with maladies, for which its specifics have so repeatedly proved fallacious, and we have no wish to supplant the labours of those whose professional reputation, carries them above the arts of empiricism, farther than the merits of our undertaking may obtain an unforced preference. Other publications of this nature, have had, no doubt, the advantage of precedence, and been tested as to the worth of the information they contain; but it is analogous with the general course of things, that later productions often supersede prior efforts, from the

additional strength they gain by that very posterior position;—the facts of science are accumulative, and fresh discoveries establish the necessity for increasing competitors into the field of publication. Besides this, there is the consideration that the minds of different individuals are differently constituted, and aptitudes and qualifications so vary, that one man may bring to his studies and practice, more enlarged views, and a more comprehensive grasp of mind, than another; the same elementary and fundamental principles which form the ground-work of a particular branch of art, may be more vigorously and effectually applied;—the faculties which assist in analytical and inductive enquiries may be more vividly possessed by one man than another. In addition to this, there are facilities in the style and mode of communicating information with which some are highly gifted, but in which others are deficient;—there are writers, who, in a few sentences of pure and appropriate diction, perspicuously setting forth the ideas intended to be conveyed, will throw more light on a subject than others will by whole pages;—it is one thing to string a set of fine sounding phrases together, producing obscurity, perplexity and ambiguity, and thus sacrifice sense to sound, and lucid simplicity to pomposity of style; and another to render language the pure vehicle of thought in subservience to the illustration of truth. Without arrogating much on these points, we shall be satisfied to await the judgment of the impartial and candid who may peruse this little treatise; not without hope of a verdict in our favour, both as to the merits of our undertaking, and the mode we have adopted in rendering the subjects treated of, as intelligible as the nature of the case would

permit, compatible with brevity on the one hand, and comprehensiveness on the other;—we can avouch confidently for the originality of our system of investigation and treatment, and state without fear of contradiction, that the method of discussing, and classifying the different heads under which we have ramified the subject, is strictly our own. In all works to which the general and standing truths of science are made, there must, of course, be a sort of common identity in many points, because these truths being unalterable and indisputable, become the staple stock, the recognised stereotyped property, as it were, of all students, by general consent; as the sun and the stars are regarded as the luminous ministrants alike of every class of human beings. There are certain fixed and standard principles of knowledge which are not patented to exclusive appropriation, but are equally available, as the waters from a fountain to all who choose to apply them.

It is not without some degree of confidence, then, that we become candidates for public usefulness through the medium of the press, and ask for that appreciation, without which, all efforts of the kind, must fall to the ground; our reason for indulging an expectation that our labours will not prove abortive, being the stedfast footing we have attained within an ample range of professional introductions, backed by a profusion of flattering testimonials, spontaneously emanating from patients whose cases afford the strongest test of the efficacy of our plan of treatment.

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LONDON.

INTRODUCTORY REMARKS.

The subject principally to be treated in this small volume is that of SELF-POLLUTION, a secret practice which has involved thousands in physical and moral degradation and ruin. The sinfulness of the vice is the more aggravated, inasmuch as it is a direct contravention of the divine command, "increase and multiply," and a violent infringement of the natural laws designed to preserve the faculty of procreation, in its proper condition and fitness for fulfilling the injunction. This faculty evinces in its physiological structure, as much as any organ of the human body, the care and wise contrivance which only an Infinite Intelligence could have devised; it is endowed with a power of secreting a fluid which is of the utmost importance in the reproductive economy; and its improper discharge or waste becomes a serious matter, both in its physical and moral effects. Ignorance of this fact, has proved a source of immitigable evils, and the unreflecting youth who has been once seduced into an act, in itself so revolting, and in its consequences so dreadful, little thinks what mischief he is doing to a most exquisite piece of animal mechanism, the work of his benevolent Maker, when he perverts to a vile and debasing purpose, a secretion intended to answer so wise an end. In the body of this work this topic will be found amplified into a

detailed, as well as general description of the morbid affections, and debilitating prostration, which are the inevitable consequences of a perseverance in the condemnable practice; it will also be found that we have treated of the concomitant evils, corporeal and mental, into which the victims of self-pollution and its kindred vices must unavoidably fall.

The immense importance of the subject renders it highly necessary, that a portion of the medical profession should walk out of the beaten track of general practice, and make the study of the generative organs and their abuses a distinct, and, as it were, an isolated branch of surgical attention. Few however, are to be found disposed to take a path out of the ordinary course of the profession for an object so desirable; the conventional forms of society, in some degree, seem to clash with the true philosophical view which we ought to take of Nature's laws, and, according to the code of delicacy, her secrets cannot be too little meddled with; and thus, to apply scientific enquiry and the healing art, exclusively, to a class of diseases which have their origin, in a wicked perversion of the function in question, is *per se*, objectionable, and in effect administering to the vice which produces them. But this is a *pseudo* standard of judging, and if suffered to guide us in the ordinary transactions of life, would be a violation of the human charities, and increase many of the social evils which we deprecate and condemn; the more formidable any physical or moral evil is, the more earnest and devoted ought we to be in devising the means of counteracting it, and although moral guilt may have a hand in producing it, that is rather a stronger reason for the use of such means, than for indulging scruples

as to the nature and character of the evil. On this consideration, no disparagement can be suffered by the profession, in confining attention to a class of maladies, traceable to a source which is itself, an impure and degrading one;—as well might the pulpit be discarded as an agency in curing the moral diseases contracted by sin, as the science of medicine be refused its best appliances to the unfortunate victims of sensual vice.

Under these impressions, we have made it our chief aim, in the application of our physiological and pathological experience, to limit our practice almost entirely to the treatment of diseases, incident to humanity, from causes connected with a predominant passion; and however egotistical it may, at first view, appear, we may say that we could command abundant testimony to the success which has attended our exertions in this particular department of prevention and cure. In the course we have adopted, we have not set out with a theoretic system by way of chance experiment, but proceeded in the first place, on the fixed principles of anatomical and physiological science, and, in co-operation with these, have followed out the deductive method of investigation in reference to diagnostics, by which system of acting, we have been enabled to develope a series of useful and practical results, highly important in remedial means, and of the utmost consequence to the patient in consultation.

By the method we have thus pursued, we have had the opportunity of tracing, through all their complicated ramifications, the morbid affections which afflict the human frame, as originating from that corrupting source, which becomes deeply seated in the generative organs, through the impetuosities of sensuality indulged in by

infatuated youth. As these affections, from the similarity of their symptoms and organic derangements to those of complaints which originate from other causes, are often difficult to distinguish, nothing short of great nicety of discrimination, and skilful judgment, aided by continued attention to the most minute characteristics, can qualify the practitioner to treat the cases which come under his observation with the desired success;—our advantages and facilities on this critical point have placed us in a favourable position for collecting into a compendious form, the most important results of our many years' practical attention to the class of diseases which we have made our more particular study.

In offering a little treatise on the subject, we propose to adopt a methodical arrangement, which will embrace all the features which pertain to the healthy use, and immoral abuse of the generative organs, by firstly, devoting a chapter on the sensual vice commonly called *Onanism*, secondly, treating of all its baneful consequences, and thirdly, extending our enquiries to other libidinous perversions, and the general effects, physical, social, and moral, which they entail. In descanting on these subjects, we shall be necessarily led to the use of terms and expressions connected with physiological science, which, in ordinary intercourse would not be admissible; in doing this however, we are acting in the character of medical advisers, between whom and the patient, the utmost confidence is essential to a cure. In such a case it behoves the latter to disclose with frankness all his feelings, symptoms, and habits, however delicate might be the nature of the disclosure; while on the other hand, it is absolutely necessary to

successful treatment, that the enquiries of his professional confidant, should be carried into the minutiæ of Nature's secrets. In the technical language employed therefore, in this work, we shall not be transgressing any boundaries of propriety, compatible with the purpose in view, and shall adapt our allusions and descriptions to the main object, namely; that of exposing a great physical and moral evil, and affording the means of counteracting it. It is one thing to write on a subject of Physiology, in itself occult, and generally regarded as one which ought to be kept a mystery, for the sake of mere prurient curiosity, and to gratify a prying disposition; and another to handle it on the principle of scientific utility, in order to make the revelations subservient to the ends of humanity, in alleviating or obviating suffering and immorality. As the utmost caution is necessary in the treatment of complaints originating from a perversion of the generative functions, all our aims to accomplish the good object would fail, were we not, in a written description of them, to enter into an account of the nature and structure of the organs, their intended legitimate and natural use, and their morbid affections in a state of derangement, from their abuse.

On these particulars, we flatter ourselves that the following pages will meet with acceptance,—as calculated for every possible phase of character which disease can assume—from the causes to which we have referred; concluding our introductory remarks, by merely adding the gratifying fact that during a long practice, (for upwards of twenty five years,) we have been eminently successful in the treatment of the peculiar class of diseases, connected with the organs of generation.

The most timid need not fear applying to us, they will meet what we would wish to impress by the title of our work,—True philanthropy:—we feel keenly that other professions have their evident importance, and require all the great virtues, but none more so than the medical. To obtain success, the medical adviser must wind himself into an intimacy with the secret heart of man, and thus obtain his confidence and acquire his love; for, the disorders upon which we have written, however they may be ameliorated by the aid of medicine, to be perfectly cured, must be assisted by benevolence, kindness, and discretion.

CHAPTER I.

ONANISM, ITS CHARACTERISTICS, ITS IMMORALITY, AND ITS PERNICIOUS EFFECTS ON THE HUMAN SYSTEM.

The laws of animal organization cannot be infringed with impunity. Constituted as Human Nature is, by Divine Intelligence, every part of the vital system has a wise end to answer, by the particular functions assigned to it; and the more important the organ in the general economy, the greater will be the retribution in physical or mental suffering, consequent on a departure from the true and proper use of the agencies and means for preserving its vigour and soundness. There are some organs essential to the continuance of existence and health, which cannot be immediately affected by the voluntary acts of human beings, and yet may suffer derangement and injury by certain violations of natural law, which operate on other parts of the human frame with which they are connected by sympathy or otherwise, such as the heart, the lungs, and the brain,—these may be injured through excesses and improprieties which disorder the stomach. But there is an organ of the utmost consequence with which man is endowed by his Creator, designed for the noblest purposes of social happiness, which, in formation, has the peculiarity of being adapted both to internal and external exciting agencies. It is on this account, that it is exposed to an actuating stimulant from without, which, being exerted under the incentives of the human

will, is subject to those states of unnatural action which tend to impair its functions, and debilitate its powers. This organ is the instrument ordained and fitted by the Author of our Being for the purpose of procreation, and, in the structure of its parts, it is, with the most exquisite skill and contrivance, manifestly adapted to answer the end intended. Its proper use for this, in the male sex, is principally influenced by the healthy condition of the secreted fluid, which constitutes the exciting power of its natural action; the propulsion of this valuable liquor, which is called the semen, when the sexual act is duly performed, having the effect of propagating the species. If however, through the predominance of the passions over the reason and judgment, and the uncontrollable impetuosity of the sensual propensity, this seminal fluid becomes wasted by unnatural and improper excitement, a law of Nature is thereby infringed, and great injury inflicted on the organ.

From a very early age of the world, we learn from Scripture, Man became so morally corrupt, as to indulge in this perversion of a faculty which was given for a nobler design, and such is the bias for evil in every generation, that the practice unhappily continues to this day to debase many of our species. The infatuating habit commences, generally, at an early stage of life, when the animal spirits are in full flow, and unsophisticated youth becomes susceptible of lively impulses, which, unfortunately for their physical and moral well-being in after-life, bring them a too easy prey to impure incitements. The temptation once yielded to,—the bounds of propriety being once leaped;—all rational restraint is gone, and the seductive influence urges

them on to a repetition of the pernicious habit, until it is too inveterate to be repressed. This secret vice of self-pollution, is denominated by the term we have placed at the head of the chapter, from the name of an individual, whose conduct comes under a special denunciatory notice in the Bible, denoting the abhorrence with which his sinfulness was viewed by the Divine Being:—"And Onan knew that the seed should not be his, and it came to pass when he went in, unto his brother's wife, that he spilled it on the ground, lest that he should give seed to his brother. And the thing which he did displeased the Lord, wherefore he slew him." Genesis; Chap xxxviii. *ver.* 9 and 10.

We have already observed that in formation, the organs in question bear most obvious marks of a designing intelligence and skilful adaptation. This is remarkable in every part of the apparatus, from the provision which is made for elaborating and propelling the seminal fluid, through the channel and orifice provided for the purpose of its ejection. In the puerile state, the secretion of the seminal fluid is imperfect, but at the age of puberty, the development of the organs is more apparent, being externally and internally evinced, by a considerable change of condition and feeling, the nervous sensibility to a great degree aroused, and the procreative powers highly susceptible of strong excitement. In this state of maturity, an impulse, instinctive and irrepressible, prompts to the sexual desire, and when not subdued by the restraints of reason, and the moral sense, leads many a thoughtless youth to unlawful gratifications in the natural way, or to a violent perversion of the faculty by which the seminal secretion is discharged. The latter is a prac-

tice which cannot be too severely condemned and reprobated, for, besides the impurity of mind it denotes, it is productive of the most serious physical and mental injuries. The act may give a momentary pleasure, but if the mind be capable of the least reflection, it is sure to be followed with that sense of guilt and folly, which produces the most unsatisfactory feelings;—every repetition contributing to lay the foundation for morbid derangement and imbecility.

It is painful to a reflective mind to know, that in many cases, the condemnable practice is commenced from the early contamination of school associates;—a number of youth are placed under the care of an instructor, whose qualifications for the important office of cultivating the juvenile mind are not to be questioned, and whose constant supervision over their moral demeanour is circumspect and indefatigable. To all appearance, his enforcement of all the salutary lessons and inculcations, necessary to impress them with the worth of virtue, the evils of vice, and the solemn duties of religion, have their proper effect, as far as external submission to his dictates and admonitions is evinced, but alas! he cannot penetrate the veil of secrecy;—he cannot effectually control the propensity which, in solitude, breaks through the restraints of reason and conscience with an impetuous ardour of corrupt excitement, that sweeps away, with a torrent, the germs of purity and good principle which he had, to some degree, succeeded in instilling into the tender mind. Nor, can he be considered answerable for the feeble effect of his efforts to produce virtuous results, while an enemy so potent, is lurking in recesses which he cannot reach. The contagion once communicated,

gains an ascendancy, virulent and irrepressible, and urges the thoughtless into the vortex of ruin. A young corruptor, inured to the pernicious vice, becomes the companion of a confiding, unsuspecting, and untainted schoolfellow, younger than himself, and in a moment of frank and open intercourse, takes the opportunity of blandishly infusing the moral poison, by a representation of the pleasing sensibilities which an act of self-pollution produces, and makes no scruple to be explicit as to the manner in which it is accomplished. At first, perhaps, a virtuous repulsion is felt, and an excitement, which afterwards tends to revive the impure suggestion, is resisted, and to some degree overcome; a frequent recurrence however, of stimulating sensations, soon overcomes the most virtuous resolutions, while sensuality usurps its place with rampant sway. Having thus yielded to the impulses of temptation,—the career of secret sin once commenced,—leads on to the continued indulgence of the propensity, until the system becomes debilitated, disordered, and wasted, and the mind debased and prostrated. In a word, the being who was once in the bloom and vigour of youth and health, falls a prey to the most morbid sensibilities, pines under grievous bodily maladies, and droops in mental dejection, until he becomes a pitiable object to others, and his life, a loathsome burden to himself.

The power of the imagination in producing this act of unnatural excitement, too often lends its aid;—the lascivious thoughts being employed in conceiving the pleasure of sexual intercourse, in the absence of the reality, means are taken to supply the want of the object of intense desire by a stimulating friction, which

causes an emission, attended with a transient sensation of delight; but the violence done to the organs of generation by the convulsive excitement cannot fail to injure them, and the waste of a fluid, of such value to the bodily system, at that stage of life too, when its full powers require every resource for healthy and manly development, must operate materially to enfeeble the bodily energies, and bring on those physical and mental evils to which we have already alluded. What Nature has provided for a purpose which requires economy, caution, and a nicety of restrictive regulations in the use, cannot be improvidently dissipated with impunity, and when its misappropriation is accompanied with a violent act, in itself impure, and contrary to her laws, the mechanism of the parts so perversely called into action, must necessarily sustain that overstrained excitement, which impairs its power, and renders it the less fit for the use intended. When once the barriers of virtuous determination are broken down, all control of the rational faculties is gone, and the infatuated victim of the self-polluting habit, becomes enslaved to the debasing tyranny of his lowest animal propensities. From the state of puerility, to that of adult age, the progress of his degrading animalism so rapidly advances, that by the time he might be expected to adorn the walks of social life with the intellectual culture, moral dignity, and manly characteristics of a being whose destination is to act a part worthy of the noblest designs of a beneficent Creator, he is a creature sunk to the very depths of physical and mental debility;—lost to all sense of self-respect, and grovelling in the mire of his sensuality. But this is not all, his impurities are a source of suffering, which,

as he perversely continues in his base practices, reduces him to a wreck of human existence, stultifies his reasoning faculties, deadens his conscience, and renders him totally inert for fulfilling any of the duties and obligations which devolve on him, either in his relations to society or to his Maker. Thus, imbecile in body and mind, he grovels along, the more miserable, as he may be conscious of his own incapacity, by his wonted indulgence, to produce that excitement in his enfeebled organs, which has heretofore ministered to his gratification, and polluted his mind. The delusion still haunts his inflamed imagination, and although his attenuated powers seem scarcely susceptible of the unnatural stimulus by which he is still disposed to rouse them, such is the force of evil habit, that despite of weakness itself, he applies the rabid agency of his heated fancy to the same purpose, and increases the fearful consequences of his mania.

And is it the inevitable fate of humanity, when once entangled in the web of this abominable vice, to continue in its thraldom? Is there no possibility of being emancipated from such a destructive tyranny? Are its victims irrecoverably the vassals of such a despotic dominion? Are they doomed so irrevocably to this demon of concupiscence, that there is no hope to be entertained for their deliverance? Are they immolated to the shrine of lust, never to be rescued from the revolting sacrifice? We unhesitatingly answer the momentous question;—we fearlessly say they are *not*;—and we boldly assert that a long and successful practice of upwards of twenty-five years, during which many—very many—sunk to the depth of misery we have described, are now living instances,—happy husbands

and fathers—a proof of what may be effected by curative means skilfully applied, and a source of congratulation to ourselves, that, having selected and devoted our attention to a branch of practice so much neglected, we have been enabled to benefit our erring fellow-creatures to so great an extent, and at the same time gratify the broadest principle of philanthropy. We must nevertheless here add, that we must be aided and assisted by our patient; he must enlist in our favour whatever vestiges of virtuous resolution can be called into activity by the strongest inducements; and surely, no rational being can hesitate, when he reflects that a perseverance in the vile and pernicious habit must, if persisted in, soon destroy both mental and bodily powers, until, in the end, the soul becomes utterly senseless to all moral appeal, the heart destitute of every chord that can vibrate to the touch of noble impulses, and the mind abandoned to the gnawing pangs of despair. In short, the object cannot be attained without the most judicious course in the mode of treatment; and, unless the victim of self-pollution can be convinced by an appeal, even to his selfish feelings, in vain will be the attempt to overcome his repugnance to a submission to the rules prescribed for his restoration. For this reason, two steps are to be taken, before he will be moved from his sluggish aversion to break off his inveterate habits. The first, is to exhibit to him the true situation in which he is placed as to the formidable nature and extent of their evil results, and in the next place, to aim at such a use of any remaining rational and moral motives to good, as shall produce a sense of degradation, and inspire a virtuous resolution. This end being accomplished, the curative means directed

by medical skill will the more effectually take its course.

With regard to the first object, although we have already sketched a general outline of the concomitant maladies and depraving effects of the habit in question, we have yet to fill in the darker shades of the picture, to give it that revolting and correct character, which truth and justice require, so that the hideous portrait may startle into revulsion, the unhappy beings who might contemplate in it the counterpart of themselves. Let us for a moment give a brief catalogue of the morbid affections which are to be ascribed to the solitary vice alluded to. The first we have to place in the nomenclature is the incapacity of the abused organs for their natural purpose. Next, the whole animal economy becomes affected, and symptoms of an alarming and complicated character pervade more or less the whole system:—the nerves, the stomach, the digestion, the spine, the head, and even the brain partake of the pernicious consequences; and bodily langour, dyspeptic lowness of spirits, and pining atrophy, are necessarily accompanied by gloomy dejection of mind, aversion to innocent social enjoyments, desponding forebodings and ultimately, insanity.

Impotence is a leading effect of the practice reprobated. This, in the nature of the case, must inevitably result from that unnatural excitement of the generative organ, which is produced in order to eject the seminal fluid; and in this excitement, the apparatus designed for the emission in the natural way, becomes violently called into action. The effect is analogous with that which follows an improper force, applied to a piece of delicate machinery, by which a derangement of its parts

ensues;—as we shall however, have to treat of this part of the subject elsewhere, we must here be brief in our observations thereon. The proper office of the generative organs, in a healthy state, is to obey the dictates of nature, but when they are unduly excited by impulses, which have their origin in the indulgence of impure ideas, and libidinous promptings, the seminal fluid becomes drained by the repetition of the unnatural act; and the aptitude for sexual intercourse consequently, becomes lessened, although erections may take place, and desires be provoked. And what a pitiful state is this to be in, when the vigour of manhood is expected to develop itself with soundness of body and mind! Let the young be deeply impressed with the importance of possessing, in adult years, the full powers of a function, which qualifies man for entering on the duties of the marriage state, with a confident sense of his capacity for conferring happiness on another, in fulfilling the laws of his nature; and then, let him reflect how great a sacrifice he makes of his own social happiness, by adopting the secret vice which tends to unfit him for the obligations of after-life, by depriving him of one of the most distinguished attributes of his sex.

Seminal weakness, arising from its lavish dissipation, is a distressing morbid affection, and the moral turpitude chargeable to those who so thoughtlessly pervert the use of this vital fluid, where there is any feeling of remorse, must add the pangs of the mind to the physical anguish created by the maladies of which it is the source. *Imbecility* of bodily, and mental powers brings on premature old age, and hence, we see many a man, ere the years of middle life arrive, decrepid and ema-

ciated; bearing in his aspect the signs of devastating maladies, and destitute of all power by which the masculine prerogatives are indicated. And this deplorable condition of his animal and intellectual nature he has entailed upon himself, by the unlawful indulgences of his youth in the lowest of sensual passions. The vessels of the generative organs, by the baneful reiteration of the lustful stimulant have lost all their tone and energy, and having, by the overheated ardour of his lascivious mania exhausted the powers of nature, when they were required to be used with great frugality and under the chastest restraints, he has to regret his folly at a period, when the precious resources he has squandered, would be of the utmost consequence to his prospects of domestic felicity.

Some of the ancient writers have alluded to the practice of Masturbation and its consequences.

Hippocrates, amongst them, has described some of its ill effects under the name of *Tabes-dorsalis*, and says, "The disorder arises from the spinal marrow, and those of a lascivious disposition are affected with it. They have no fever, and though they eat well, they fall away, and become consumptive. They feel as if a string or stitch descended from the head, along the spine, every time they go to stool, or have occasion for urine, they shed a great quantity of thin seminal liquor. They are incapable of procreation, and frequently dream of the act of coition; walking particularly, in rugged paths, puts them out of breath and weakens them, occasioning a heaviness in the head and noise in the ears, which are succeeded by a violent fever that terminates their days."—The same author continues;—"The seed of man arises from all the humours of his

body, it is the most valuable part of them, and in effecting the first act of nature, the fluids from all parts of the human frame rush to the organs of generation and seem concentrated to one point during the act of coition." Galen says "when a person loses his seed, he loses, at the same time, his vital spirits." Plato calls it a "running of the spinal marrow;" and by Epicurus, it is called a "part of the soul and body." Actius also, has drawn a fearful picture of the deleterious effects produced by an excessive, and unnatural discharge of the semen. He says "young people have the air and appearance of old age, they become pale, effeminate, benumbed, lazy, base, stupid, and even imbecile; their bodies become bent, their legs are no longer able to carry them, they have an utter distaste for every thing, are totally incapacitated, and may become paralytic. The stomach is disordered, all the body is weakened, paleness, decay, and emaciation succeed, and the eyes sink into the head. Another of the ancients, Lommius, in his Commentaries on the passage of Celsus, observes that "Frequent emissions of the seed relax, dry up, weaken, enervate, and produce a crowd of evils, apoplexies, lethargies, epilepsies, faintings, the loss of sight, tremors, palsies, spasms, and every species of the most racking gout!" Tulpius, an Amsterdam physician of great repute says, in reference to the same cause; "The spinal marrow does not only waste, but the body and mind both equally languish, and the man perishes a miserable victim." De Louvain also, bears similar testimony. M. Hoffman, to the like effect, says; "after frequent nocturnal pollution, not only the powers are lost, the body wastes away, and the face turns pale, but moreover, the memory fails, a

cold sensation seizes the limbs, the sight is clouded, and the voice becomes hoarse. The whole body languishes by degrees, and disturbing dreams prevent sleep administering any relief. Even the heathens held self-pollution in the greatest abhorrence; Martial, the celebrated epigrammatist, writes:—

"Hoc nihil esse putes? Scelus est mihi, crede: sed ingens
Quantum vix animo, concipis ipse tuo."

"You think 'tis nothing,—'tis a crime believe!
A crime so great you scarcely can conceive."

We might proceed with our quotations from accredited writers on this melancholy subject, but we presume these extracts will suffice to prove, that we are not dealing in figments when we represent the case as one of such a formidable character. In confirmation also, of what we have advanced, we will refer to a few Cases which have come within our knowledge and treatment, which fully exemplify the deplorable situation to which the practice of self-pollution reduces its unhappy victims. About two years ago, a gentleman connected with a banking establishment in the city, who had been for some time suffering under symptoms, which led his relatives to fear the worst,—for notwithstanding supposed skilful medical treatment, his strength and bodily powers daily wasted, —was advised by a friend to consult us on his case. We found him labouring under every species of painful complaint incident to the vice we have alluded to; nocturnal emissions, attended with disturbed sleep, countenance thin, pale, and haggard, head-ache, langour, confused ideas of the mind, alternate depression of spirits, with transient elevation, and a sluggish inaptitude for any of the active duties of life, together

with other symptoms of a distressing nature. Having ascertained these particulars, with as much precision as our own tests, and the reluctant communications we could elicit from our patient would admit, we soon arrived at the conclusion as to the cause of all the mischief. A reserve and shyness at first presented obstacles in our way, but after a little conversation he soon gave us his entire confidence,—he had been practising onanism for upwards of six years to a frightful extent, and, in addition to the symptoms we have already stated, he suffered severely from an acute and intolerable spasmodic pain in his back, extending to his breast and one of his shoulders. We had some difficulty in removing the gloomy apprehensions he indulged in, respecting the probability of a cure; we however succeeded in cheering him with the assurance that his case was not hopeless, provided we could win his implicit submission to the remedial means, we had so often known to succeed in similar instances. Happily, he was brought to surrender himself to our directions; a few months restored him to health and vigour, and we lately received the following letter from him:—

My Dear Sirs,—To those who confer upon us a real benefit when mostly needed, even though it be in the routine of professional services, there is a sense of obligation due, which when properly felt must prompt to the courtesies of gratitude. It is now eighteen months since I ceased to be your patient, but if as many years had elapsed I never could forget the kind and soothing advice I received from you in my misery. You perhaps may forget that at the time you dismissed me, you strongly recommended me to get

married, I have now the pleasure of informing you that I am here passing my honeymoon, in the continued enjoyment of health and with every prospect of domestic felicity.

Believe me, my dear Sir,
Ever thine most sincerely,

* * * *

Dated Worthing.

We may here remark that there are cases more marked and aggravated than the above, indeed there is a stage at which the progress of organic and constitutional disease, arising from the depraved habit of self-pollution inveterately contracted, a minute description of which, would be revolting; we therefore abstain from giving it.

In some works of this nature, the writers, as we consider, have heedlessly entered into details so shocking, that they are suspected of exaggerating the facts of which they treat, although there is no doubt in professional minds of their correctness. The great error in these works is, that they are more theoretical than practical. The naked truth may also exhibit a deformity so repulsive, that the end to be answered by it in a good cause, may be frustrated by the very exposure; —to dwell on the most odious features of a physical and moral evil, in all the luxuriance of descriptive power, is not often the best mode of securing attention to remedial suggestions for counteracting and removing them. We have endeavoured so to guard against this hideous excess of amplification as, on the one hand to avoid giving our picture that scaring aspect which would intimidate the scrupulous, and on the other, to sketch such leading and distinctive characteristics of

the portrait as may not lay us open to the suspicion of exceeding the limits of probability.—It will be observed in the foregoing case that one of the principal consequences of the patient's folly, was an incapacity for performing the sexual act in a way to answer the purposes of nature, or to realize the enjoyment which attends the natural use of the genital organs in the procreative act. In all such cases, the erections are imperfect, and the discharge in the attempt is premature, without affording the mutual gratification desired. This is easily accounted for, when we consider that the delicate mechanism of these organs has been forced into action by unnatural incentives, and a distorting impetus, altogether deteriorating to their structural aptitude and power, and inimical to their healthy congruity;—the seminal fluid being propelled from its receptacles by the application of a stimulus, extraneous to the agency furnished by nature for its propulsion. The apparatus, thus violently excited, loses its vigorous tone, suffers a recoil from an overwrought stress of exercise, and a sense of imbecility ensues. The functions, by such revulsions, become reduced to a state of inertness, and the system having been drained by a repetition of improper and preternatural emissions, the most debilitating effects ensue. This is not to be wondered at, when we consider of what essential importance, the secretion thus wasted, is to the healthy state of all the bodily functions. The animal spirits decline in proportion, as the seminal liquor is abstracted by improper excitement; every indication, given in the physiological economy of the body, leading us to the inference, that it can only be dispensed with in a state of exuberance, and under the promptings of its stimu-

lating redundancy. The wise provision made for the formation of this fluid, in the intermediate stage between boyhood and puberty, and the changes gradually produced during the process, evince how essential is its reservation to the maturation of corporeal growth and perfection. The crisis is marked with manifest and striking differences between the two periods of human life. The effeminate voice of juvenility is succeeded by that of approaching manhood, the general contour of the physiognomy assumes an altered appearance, the face is distinguished by those signs of masculine development, the beard and whiskers, and indeed, the whole frame presents a sensible and obvious difference, denoting the proximity of that epoch of existence, which qualifies the male sex for the duties and obligations of social and active life, and renders their persons and acquirements objects of consideration in the estimation of the fairer portion of the species. What is it then to drain this precious element of human virility by depraved indulgences, before it is even maturely elaborated but a piece of infatuation which there is scarcely a term strong enough to denounce? It is an act of folly and wickedness which involves the greatest moral culpability, Reason and Religion—Nature and Revelation alike condemn it as detestable, debasing, and destructive to body and soul. *Reason*;—because it is totally irrational in itself, and in its consequences tends to dethrone reason's power: whatever gives the reins to our lower animal feelings, and enables passion and sensuality to predominate over good principle, must warp the mind, and deprive the judgment of that control over the will, which is necessary to rational conduct. A course of self-pollution is as incompatible

with the due and proper exercise of the mental faculties, and the great design of the Creator in his intellectual gifts to man, as light with darkness. *Religion* also shakes her corrective rod over the delinquent, who so far forgets his sacred obligations to his Maker, as to indulge in sins and impurities, contrary to every dictate of conscience and every divine injunction. The mask of piety may be assumed by these slaves to lust, but this only aggravates their guilt;—the feeling of devout aspiration must be as foreign to them as death is to life, between their filthy imaginations and the serious thoughts of a future state, there can be no congruity. *Nature* too, shrinks in abhorrence at such an outrage on her wise laws, and resents the affront by a proportionate retribution, in the painful inflictions which result from the disaffection. A departure from those laws, to whatever degree, is certain to be visited with pernicious consequences, because there is not one of them but is designed to secure that physical condition, which shall be most conducive to health and happiness. The organization of the human body is a wonderful piece of divine mechanism, and to no part of it can violence be offered with impunity. That *Revelation* reprobates the vice in question, in the most severe terms, we need scarcely mention, its denunciations against impurities of body and mind are frequent and forcible, and against this sin in particular. "The lusts of the flesh," in every shape of depravity to which they give incitement, receive in the Scriptures the most unqualified condemnation, while to purity of heart and life they hold out the promise of reward in this, and a future state of existence. Let those therefore who are guilty of indulging their lustful propensities,

quail before the solemn warnings of Heaven, and while yet they have the opportunity, cultivate the thoughts and feelings which lead to penitence and reformation. Unhappily for many of the deluded victims, such is the hardening nature of their vice—such its tendency to render the conscience callous to all sense of guilt, and deaden the soul to every good impression, that it is not until the accumulation of evils, in the most complicated shape, has prostrated all the bodily energies and brought them on the bed of languishing, deprived of all hope of regaining that which they have lost in health and mental composure, that any touches of compunction can affect them. When miserable and helpless decrepitude has wasted them to a shadow, and horror and gloomy despair sit brooding, like an incubus, on their debased minds, repentance it is true, may be professed, but the opportunity of testing its sincerity, by the strength and exercise of virtuous resolution, the total abandonment of evil habits, and the cultivation of religious and moral principles, is gone.

A clergyman once informed us that he was called to the bedside of a young man wasting with disease and hastening to the grave. He found him very unhappy in mind, as well as diseased in body; in the intensity of his remorse and convictions of guilt, he confessed without reserve, the immoral course he had pursued from his youth, and amongst his acknowledged vices named that of self-pollution as weighing most heavily on his conscience, as the chief original source of his sufferings. The clergyman having first spoken of the enormity of the sin in the sight of God, with a view of promoting the contrition which he seemed to evince, afterwards adverted to the mercy and forgiveness of

the Divine Being towards the penitent, exhorting him to take consolation from his promised clemency. But alas! his ministrations had no effect, for he was addressing one, whose intellectual powers were lost to everything but fear and despondency. A few days afterwards, they suffered a total wreck, and the poor wretch, in a paroxysm of insanity, took advantage of a momentary absence of his attendant, to terminate his miserable existence!

The natural reflection arising from such a melancholy case is, that if repentance and reformation be not thought of, until the body is wasted to its very stamina with disease, and the faculties of the mind, debased and stupified by the baneful effects of sensuality and vice, there is little hope they will *then* be effectual;—

> Be wise to day, tis madness to defer!
> Next day, the fatal precedent will plead;
> Thus on till wisdom is pushed out of life.
> Procrastination is the thief of time;
> Year after year it steals, till all are fled,
> And to the mercies of a moment leaves
> The vast concerns of an eternal scene!
>
> YOUNG.

It is one of the misfortunes attending cases of suffering from youthful indiscretions, that the complaints to which they give rise, are mistaken for such as are ascribable to different causes; shame offers a motive for concealment, and the sufferer keeps back that, which if divulged to his medical attendant, would undeceive him as to the cause. At the same time, nevertheless, if the medical adviser, under whose care he has placed himself, has not been accustomed to treat diseases of the class alluded to, his judgment may be at fault as to

their real character, and the means he prescribes consequently be but ill adapted to the cure. Symptoms having a close similarity to those which attend pulmonary disease, not unfrequently originate from this cause, and many a youth is pronounced consumptive, when, in reality, he is suffering organic derangement which, from sympathy, produces morbid affections bearing an affinity in their diagnostics with those of consumption.

Now the detection of the difference in such cases, requires a nicety of skilful discrimination, and a studious insight into the various phenomena of physiological science, which can only come within the province of the practitioner, whose almost exclusive attention is devoted to the investigation and cure of disorders, caused by an abuse of the generative faculty. Parents are the last to suspect the real cause in such cases, and it is no wonder, that, under a mistaken apprehension of the nature of the patient's disorder, both by them and the professional attendant, he gets worse instead of better; for, in all probability, whilst he is following the misapplied prescriptions, and swallowing dose after dose of medicine, he is increasing his disease and debility at the same time, by a repetition of the abominable practice from which they originate; and thus, the hopes of fond friends are frustrated, and the evil increased. This failure not unfrequently leads to dealing in quackery, or some boasted specific is resorted to, which, in nine cases out of ten, aggravates the patient's case, and brings on alarming symptoms. We give the following Case in illustration of the danger of employing either of the aids to which we have adverted; premising that, it is not our object to derogate from the claims of the

legitimate practitioner; or to depreciate his abilities for prescribing in complaints, which come within a certain range of pathological enquiry. He may excel in those departments of medical treatment in which there are no occult and perplexing causes to baffle his course, but, unless he has applied his investigations with almost an exclusive attention, to the maladies arising from the latent source under consideration, his remedies will be unsuccessful, because directed under a mistaken conclusion as to the true nature of the disease.

A young gentleman, aged 20, a nephew of a principal in a highly respectable mercantile establishment, formed an attachment of a most romantic character, to the only daughter of a widow lady in the neighbourhood of his uncle's residence; some two or three years younger than himself. The uncle made serious objections to the match, in consequence of the extreme youth and inexperience of both parties, and being wholly dependant on his relative, he dared not risk his displeasure by a clandestine union. The uncle however, was induced to consent conditionally, that the young man should proceed to South America, and engage himself actively in the business for seven years, at the expiration of which time, he should be married to the object of his affections, and be admitted to a share of the business. All went on well for a time, and a correspondence was regularly carried on between the parties; after an absence however, of two years, becoming excited on receiving the miniature of his "intended," he unfortunately committed an act of self-pollution, and alas! continued to indulge in its so frequent repetition, that his health soon gave way; and, by the time he returned to England, in addition to his loss of health,

all power of having intercourse seemed to be gone. His friends became alarmed, under the apprehension that consumption had commenced its blighting ravages on his lungs, and in truth, the diagnostics were of that dubious character; and so assimilated to the indications of pulmonary ulceration, that the highest general practitioner might have been deceived by them. He was put under a treatment accordingly, but continued to get worse, inasmuch as the seat or cause of the complaint was not traced;—recourse was then had to the nostrums of an empiric with worse effect; the double error augmented the patient's case, and, as a *dernier resort*, he was ordered by a leading physician to Cheltenham, both for the waters, and change of scene, but still derived no benefit. Here however, he became acquainted with an old Lieutenant, who had formerly been our patient, and, from the very high remarks with which the old officer was pleased to pass on us, the former came post-haste to consult us. He became our patient, and we feel proud and happy to say that, in seven months, he was not only restored to health and vigour, but united to the object of his early affection, who is at this present time [August 1847] confined with her first child—a fine bouncing girl.

It cannot be too often urged, that the habit of self-pollution is far more deteriorating in its consequences, than a moderate indulgence in sexual intercourse. A temperate enjoyment of the latter, on such occasions as the promptings of natural desire lead to a sense of redundancy in the secretion, by the intensity of erections, and the distension of the vessels, is conducive to health, but when a prurient imagination incites to an excessive discharge of the seminal fluid, the depletion

is sure to cause debilitating effects, which will materially injure the constitution. The evacuation becomes pernicious in proportion as it is unnecessary, and not warranted by the repletion which gives the natural impetus to it;—hence the youth, who addicts himself to this excessive drain on the energies of the generative system, cannot expect to attain to robust manhood. The habit in question, to be indulged in, necessarily requires secrecy and solitude, and on that account is the less likely to be counteracted by moral checks.

We would gladly exculpate the fairer part of the Creation from the vice of self-pollution, but the love of truth must prevail; we therefore, are bound to state, that it is practised to an extent that would almost appear incredible. It is an essential preservative of woman's virtue, that she should resist the first incitements to the indulgence of lascivious thoughts and sensual propensities. But alas! She is too often, when young, placed in circumstances in which her mind becomes early corrupted, and her animal feelings improperly excited. From these, even the daughters of the affluent are, unhappily, not always free, notwithstanding the caution exercised, to place them beyond the reach of contaminating influences. Women who practice self-pollution not only suffer all the dangers and symptoms incident to the male sex, but many others of a most distressing nature, caused by the difference of formation and organization;—repeated acts of defilement must have the effect of injuring or destroying the fecundating power, and hence, to this cause in many instances, the barrenness of women must be ascribed, which is analogous to impotency in man.

It is only those, whose peculiar province it is to con-

duct investigations connected with such abuses, and to remedy evils, which are the consequences, who can have an idea to what an extent they prevail amongst young females. Nor, can it be adequately conceived, except by those, who professionally devote their whole attention to the study and cure of the maladies, incident to the practice alluded to, how much the wide-spreading evil is diffusing itself among the sex. One of the first consequences of the vice indulged-in by females, is a state of nervous excitability, by which they become constitutionally hysterical. An impure imagination, concurrent with the innate impulse which leads to sexual desires; (and, as is remarkable, precedes every periodical recurrence of the menstrual flux) and the excitability of the genital organs, prompt to that mode of relief, which results in a copious discharge of the mucous secretion; which, being a preternatural action of the parts, occasions a morbid derangement. The disorder, technically termed the Fluor Albus, or commonly *Whites*, is frequently ascribable to this cause, although in some instances, it may originate from another source; and, there is no immediate cause of infertility more prevalent, than this complaint, so often brought on by an excessive indulgence in self-pollution. A failure of the powers of conception, is an inevitable effect of a continued addiction to this practice; a relaxation of the uterus follows, and the menstruation becomes vitiated. An acrid humour called, *Leucorrhœa*, often flows from the vagina, irritating, and often excoriating, the surfaces with which it comes in contact. The presence of these morbidities, is indicated by the paleness of the face, the colourless lips, the sunken eyes, and other external appearances. Besides the physical ail-

ments consequent on the abuse of the female organ, there are serious social and moral evils connected with it;—the barriers of chastity, even in feeling and inclination, having once given way to the sensual furor, which leads to the secret indulgence of a gratification resorted-to in the absence of the real act, all proper sense of the due importance of the feminine virtues is lost, and the mind and moral feelings become warped into a deformity, incompatible with that purity of character, and graceful modesty, which adorn the sex. Hence, a levity of demeanour, which exposes itself to the ready observation of their male companions, is either taken a ready advantage of, for purposes of seduction, or, by the more scrupulous, and thoughtful amongst its observers, treated with disgust, as a sufficient reason for avoiding their company.

The power of resistance in such females, when assailed with improper proposals, at first made feeble by their own secret indulgence of amorous excitement, of course acquires no strength in the toying and dalliances of a male acquaintance; and therefore they soon become parties to their own degradation and ruined reputation. We do not mean to affirm that this result follows in *all* cases of female incontinence; it may be, that in some instances, although depravity of mind might have so far relaxed virtuous restraints, as to give a loose to the licentious propensity of self-pollution, a regard for the advantages of a good name, and a reputable standing in society,—particularly when there is a prospect of forming an eligible matrimonial connexion—often operates as a safeguard to the actual surrender of virgin innocence to the other sex; but the security is doubtful, and not so firm as if no lascivious ideas and

practices had been indulged in. Nor do we wish to infer that sterility in woman, is solely ascribable to the cause we have mentioned. There are other causes over which they have no control, such as physical malformation, or organic defect, an inaptitude in the uterus and its receptacle appendages, or functional disorder, and nervous debility; besides these natural impediments to conception, excessive indulgence in sexual intercourse may produce barrenness. The intemperate enjoyment of the marriage bed often produces morbid affections of the female organs of generation, and occasions irregularities in the menstruation, accompanied with sudden effusions of blood and, not unfrequently, painful affections of the womb itself. That barrenness however, is very frequently caused by masturbation, we have very little hesitation in affirming. A lady, moving in the higher circle of society, aged 27, had been married upwards of seven years to a gentleman of equal rank, to whom she was sincerely attached. The union, up to this term, had not been productive of offspring, which was the cause of much domestic infelicity;—the husband feeling satisfied that there was no prostration of strength on his part, tended to increase the anxiety of the wife. She consulted several of the most eminent physicians in this country, without reaping the smallest advantage; and, at the wish of her husband, went, accompanied by him, to Paris, for the purpose of taking the advice of a celebrated professor there, famed for his skill in diseases of women. Still, nevertheless, without success;—the greatly-desired object was not attained;—chalybeates, bathing, and tonics, all proved futile. When in France, he happened to notice, in an English paper, our advertisement,

and a strong fancy entered his mind to consult us, which he there and then stated to his wife. On returning home, we received a letter, stating these particulars, and, after a preliminary correspondence, an interview took place. We soon discovered that the cause of sterility in this case, was the state of the Fallopian tubes, which had lost their erective action (a very frequent consequence of self-pollution) and on investigation, we found the lady had been initiated into the vile practice at the age of 17, by a French governess, to whose care she had been intrusted. The remedial means we adopted, soon did all that was necessary:—Fourteen months after she became our patient, we received the following note from her husband:—

Dear Sir,—According to promise I drop you this hurried note; my dear wife was safely delivered of a fine *boy* last night, after a sharp but safe labour, and in common parlance, both mother and infant are doing well. I shall be in town in a fortnight, and shall have the pleasure of calling on you.

Believe me, my dear Sir,

Truly yours,

* * * *

This is nearly 2 years back:—we were in their neighbourhood lately, and paid them a passing visit, the Lady is quite well, and again *enceinte*.

But to return to the practice of self-pollution by the male sex;—we will proceed to consider further, what are its consequences in the animal economy, and on the mental faculties. Seminal weakness, and involuntary emissions, we have already mentioned as an inevitable result; this is easily accounted for on physiological principles, as we have, to some extent, already

shewn. An apparatus however elastic, and yielding to an impetus, extraneously applied, cannot fail of having its pliable and collapsing powers injured, by frequently putting them to a harsh and unnatural test. The delicate contexture of organic structure, is adapted to sustain a given amount of propelling force for natural action, beyond which, the exertion is detrimental and debilitating:—this is a law of animal mechanism, as well as in the mechanical arts; it is therefore impossible that the generative faculty can be overstrained, and abused, without a corresponding recoil, productive of enfeebling effects. The sense of this, gives the sufferer a vexatious feeling, and if he attempt the sexual act, his failure, from a premature escape of the seminal fluid, or imperfect erections, increases his mortification and pain of mind. If, in such a condition, he enter the marriage state, he entails on another a disappointment which embitters her life, lays a foundation for domestic discord and feud, and perhaps, his incapacity ultimately forms an exculpatory plea for his own dishonour, by driving his conjugal partner to seek the gratification of her desires by an illicit *liaison*;—when down falls the whole fabric of his peace and happiness! The organs, in such a case, have been so long accustomed to the artificial friction by which the seminal fluid is propelled in the act of self-pollution, that the penis loses its tenacity, and although it may be distended momentarily, it refuses to assume that rigidity and firmness, requisite to impart to the female genitals, the pleasurable emotions anticipated. The failure thus becomes doubly mortifying, whilst the being who takes the more passive part in the abortive attempt, has to experience the greater share of the disagreeable tantalization. What a shocking

plight is this for one of the human species to be reduced to! A state beneath that of the brute creation, and exposing the sufferer rather to contempt than pity. It is true, that an incompetence for the sexual act, may sometimes arise from other causes, but the one in question is the most prevalent.

The habit of self-pollution, not unfrequently excites the system to a great degree of nervous irritability, which ultimately ends in *epileptic and convulsive* disorders. The powers of sexual connexion have their natural bounds, which necessarily impose a restriction, to which the warmest voluptuary could not break through, without exposing his folly to another; but the secrecy which accompanies the act of self-pollution is unfavourable to that restraint which arises from a motive of shame. Hence the irritating agency is applied with a force the more pertinacious, as the natural energy degenerates and languishes. In such an infatuated course of violence therefore, a kind of spasmodic action of the whole frame accompanies the unnatural excitement of the organ, in the ejection of what scanty residue of the attenuated secretion, can be evolved after repeated weakening depletions;—the effect is extended to the blood, the spinal marrow, even to the brain, and apoplexy sometimes ensues; should however, the miserable victim of the delusion escape the latter, he probably drags along an existence, borne down by the accumulated evils of physical decrepitude and gloomy hypochondriacism, until a lunatic asylum becomes his final abode.

In many instances, the most acute sufferings are endured in the stomach, the head, or the limbs; sometimes, the intestines are affected with constipating pains,

and disorders of other viscera, not unfrequently give rise to distressing symptoms, all traceable to the same cause. The organs of generation also, undergo that morbid change of structural soundness which occasions glandulous schirrhosity, having the indurating tendency to cancer, or stricture of the urethra. Under the various forms in which the consequences of self-pollution appear, the constitution of the patient is at last broken down, and he sinks to a premature grave, in the miserable consciousness of having sacrificed his life to the shrine of an unhallowed passion; and, for a momentary gratification of his lowest animal sense, bartered the solid enjoyments of a sound mind in a sound body, an honourable standing in the social scale, and a quiet conscience. What wonder then, in his gloomy retrospective ponderings,—if he be not past reflection —that, as his bodily frame sinks under the debilitating effects of his maladies, his mind becomes haunted with the most fearful forebodings, and tormented with unappeasable remorse:—a stronger illustration of the dreadful state of mind induced by onanism, cannot be met with, than in Dr. Darwin's Zoonomia;—a gentleman shot himself, leaving on the table, a small slip of paper, on which was written these words only, "I am impotent and not fit to live."

But what is our chief object in drawing the picture of the multifarious evils which thus afflict the victims of a pernicious and self-destroying habit? Partly, that such of our readers, whose cases may not have reached the hopeless stage of misery described, may be induced to pause before it is too late. It is possible that many may suffer the formidable symptoms we have depicted, whose constitutional stamina may yet be susceptible of

renovation by remedial means; but the mode of bringing about this desirable result, requires the nicest professional tact and skill, in inducing the patient to surrender himself to the treatment to be adopted. The practitioner has to consider, in the first place, that the agencies he employs must be such as are adapted to the mental, as well as the physical condition of the sufferer:—the avenues to the mind must be laid open; and such of its moral faculties, as can be operated upon by the most favourable influences, be gently and gradually appealed to. It will not do to assail it on its weak points, by raising a battery of reproachful epithets, under the impression that it is to be scared, and reprimanded into a serious conformity to the code of propriety and virtue; the guilty self-convicted victim has enough to encounter in his own melancholy reflections; and to adopt a criminatory tone towards him, in the expectation of producing an effect, which will determine him to abandon his bad habits, is to commit, in the very outset, a grand mistake. It is probable, that such a course of acerbity would have the opposite tendency, and the sensitive mind, recoiling at the pungent harshness, would relapse into worse degeneracy and indifference to good. To effect our purpose therefore, we must deal with the patient as one who needs a friend in whom to confide, and by whom, his better feelings are to be acted upon by the use of the tenderest and most judicious application of the mental probe. The guage of analysis, so to speak, must be so used, as to ascertain the breadth and depth of his intellectual and moral temperament, in order to find the most auspicious groundwork for establishing right principles; every vestige and indication of the nobler and

higher motives to action, should be cherished and fostered; and the strongest inducements presented, by way of strengthening their influence and expanding their growth. Nor, to a certain degree, would even an appeal to the lower and ordinary impulses be without effect;—the selfish consideration, which is in a great measure the momentum of all human actions, might be brought into account. In this, there could be no harm, because more or less a motive of deriving pleasure or enjoyment of some kind, from every act, guides our whole conduct. It is not, in the nature of things, to be supposed, that any man desires pain *per se*, or wishes to be miserable; we may connect pain and pleasure as means and end, and submit to the one, in hope of attaining the other through it; but every man makes, what, he considers, his own happiness, the primary object of all his pursuits, although his notions of what will contribute to that happiness, may be erroneous, and often disappoint him in the realization. The deluded victim of the vice we have reprobated, makes this mistake; he feels that the pursuit of happiness is laudable, the gratification of sensual desires part of his routine of enjoyment; and he adopts the means, as he thinks, to accomplish the end. Now, it is the business of the philanthropic practitioner to turn the current of this feeling into a more worthy and promising channel, and to make it as subservient for good, as it has been for evil. To desire happiness is natural, and to seek the legitimate means of promoting it is rational. But, if false views are entertained of the one, as to its nature,—if the object imagined to be likely to confer it, should be miscalculated and falsely estimated, the other will be of a corresponding character, and disappointment be the consequence.

The springs of human conduct are seated in the complex substratum which constitutes the nature of man, as a being of mental faculties and moral and animal feelings; and, in proportion as these are directed in their operation, on the destinies of life, by the preponderating guidance of wise and rational influences, will his character be moulded for the nobler purposes for which he is erected. It will be our aim therefore, to bring our patients' power of mind to that sense of their dignified attributes which shall subjugate his passions and propensities to their proper sway, by convincing him, that by that course, he will be taking the surest step to secure his social and individual happiness. To impress him with the conviction that his course of impurity has been as unphilosophical, and as contrary to his real interest, even as it regards the true enjoyment of life, as it has been inimical to the dictates of nature and religion, will be a considerable advance in the progress;—in doing this, we may succeed in inducing him to abandon the habit which is the fertile source of his maladies, for unless the cause be removed, all application of medicinal agency will be futile. After succeeding in this part of the remedial process, we shall then be the more readily able to enforce the observance of auxiliary rules of treatment, and bring into effect our physical aids to facilitate the ultimate restoration of lost vigour and impaired health.

As the union of the sexes is one of the great ordinations of the Creator, and as the wisest provisions are made in man's nature for filling a capacity in the social scale, which shall render his society desirable to the other sex, it surely is a matter of the utmost importance to the young, that they should avoid that artificial

excitement of the parts of generation, which prevents the healthy and vigorous development of their physical powers, and unfits them for entering the marriage state when arrived at a period of manhood. Let the youth, then, who is addicted to this habit of self-abuse, pause in time, and consider what a sacrifice he is making, by the premature waste of the vital energies, and, to what a pitiable condition of imbecility the constant repetition of the vile practice will reduce him. when he comes to adult age. If he ever contemplate associating himself with another being, by the conjugal ties, he must either abandon his licentious propensities, or he will find himself miserably incompetent to confer or derive the pleasure which the proper consummation of the union is intended to realize; and, his abortive attempts to fulfil the obligations of the marriage bed will be a vexatious mockery to another, as well as a source of painful reflection to himself. Nothing can be more natural than for the female, who has linked her destiny with one of the other sex, by the legitimate bonds of connubial affection, to anticipate from it, those endearments which, in the single state, cannot be lawfully indulged in;—if she be a woman of chaste mind and continent habits, the mysterious rites to which she is to be initiated, under the holiest sanctions, will be the more intensely invested with an interest excitable to her feelings, and precursory of the most agreeable emotions. What then must be her disappointment, when, at the anticipated approach of the most felicitous moment, the ardour of love can realize, a feeble and futile embrace is all that repays her surrender to the arms of a bridegroom, whom she deemed capable of rendering her a happy

bride, and in *prospective*, a maternal blessing to the "holy state." Regarding the one as subservient to the other, her disappointment will be grievous; for, however possessed of the prolific power herself, the hope of becoming the mother of a healthy progeny, in such a case, must be entirely frustrated. It is possible that impregnation may take place under such circumstances, but being the result of a debilitated capacity for procreation, an abortion, or a puny offspring will be the consequence;—such congressions are to be deplored, and cannot but prove a bitter ingredient in the cup of social and domestic life to both parties. Happily, such cases are not beyond remedy, if they are brought in time, under the attention of medical skill. We have, in various instances, been consulted, after the disappointments we have described, have marred the enjoyments of the marriage tie;—we recollect the case of a young man, recently united to an accomplished lady, who, in great distress of mind, disclosed to us the failures he experienced, in endeavouring to accomplish the sexual act, from the premature escape of the seminal fluid, and sometimes, for want of sufficient rigidity in the erections, to give the penis sufficient power for proper vaginal penetration, so as to impart the pleasurable emotions anticipated by the conjunctive party. The consequence was, a sense of shame and chagrin on his part, heightened by the conception, of what the partner of his bed must have felt, after the most excited emotions preparatory to the expected, but unrealized gratification. Of course, her dissatisfaction did not find vent in words, for it is a characteristic of the fair sex, in general, to endure without complaining, and to conceal, under a modish veil, the privations to

which they are called to submit in the conjugal capacity; whilst those whose warm, and excited feelings, will not enable them to brook the disappointment, break through the restraint of the marriage vow, and rush on to moral ruin. Our patient was not likely to be a sufferer in this respect, but he was much pained with the fear of being childless from his incapacity. Bringing his case however, under our most careful investigation, we were not long in tracing the cause of his infirmity; to which cause, on being pressed to be candid, he acknowledged himself a guilty accessory: his admissions, as to the habits of his youth, left no doubt that the source of his impotent condition, was the excessive and unnatural abuse of the genital organ, to which he first resorted when at school, and continued its practice for years. Our first advice to him was, to abstain for a certain period from all intercourse with the partner of his bed; and, to promote this object, recommended absence on any pretext of business, or any reason which might be urged in justification to his wife, and reconcile her to the temporary separation. In addition to this, we particularly cautioned him against all associations in his mind that would tend to stimulate his powers and excite his imagination:—in a word, to exercise every moral and physical restraint practicable, which would tend to subdue his sensual inclinations, and promote entire abstinence, even in thought. The course was strictly adopted and adhered to, and by the aid of medicinal means, was attended with the most happy effects. In a few months, we had the satisfaction of receiving our patient's thankful acknowledgments, with the assurance that his retrieved energy, and the full capability of the procreative

functions, had made him and his partner, a happy pair, by the power it gave of imparting mutual enjoyment, and further indications of happiness,—his wife being then pregnant.

Let it not, however, be supposed, that we draw the conclusion that physical incapacity is altogether to be ascribed to *Onanism*. There are other causes of impotence, some of them natural impediments, and others, the organic derangements arising from sexual excess, and gonorrhœal affections. Of these, however, we shall have to treat, under their proper heads, and therefore, conclude our present Chapter, with a few words to parents and guardians, under whose training, the formation of the juvenile character mainly depends.

It cannot be expected that the utmost vigilance can at *all* times succeed in suppressing vicious tendencies, and giving ascendancy to the moral influences; but, where the means of fostering the tender germ of moral fructification are neglected, or the culture necessary to its development is imperfectly or partially applied, the evil results must in a great degree inculpate the directing agency. It cannot therefore, be too earnestly impressed on the minds of instructors, that their most strenuous efforts should be employed, in watching and counteracting the first signs of a depraving tendency in the demeanour of their pupils. Let their intellectual and moral faculties be carefully initiated in the value of right principles, and the interest and importance to be attached to purity of mind and the preservation of character. To this end, it is necessary to inculcate the loftiest ideas of the nature and destiny of man, of the capacious expansions of which his mental powers are capable, and to lay before the young enquirer, the vast

field of knowledge, over which, they may range in acquiring accessions to their stores. Let it be taught him, that the mind is the more dignified part of human nature, and that the corporeal attributes only answer the end, designed by them, in proportion as they subserve the cultivation of the intellectual faculties. Above all, let the motives and inducements to a virtuous life, which religion supplies, be energetically, but judiciously enforced, *not* by an appeal to their fears, but to their rational convictions;—*not* by the austere and terrifying appliances of superstition and fanaticism, but by the "still small voice" of Christian charity, and the persuasive mildness of rational argument. One thing is certain, that the more the intellectual and bodily powers are called into activity, in the pursuit of worthy objects, the less likely are the sensual impulses to run riot, and usurp the place of reason, and the moral sentiments. Idle and voluptuous habits beget low and grovelling thoughts, and give a scope to the imagination, to revel in the meretricious incitements of amative pruriency; novels and romances should be avoided; the blandishments of passion, as represented in most works of that designation, serving only to administer food to the craving of morbid fancy, which is ever crowded with images of obscenity.

CHAPTER II.

PHYSICAL INCAPACITY, AND ITS CONCOMITANTS;—FEMALE STERILITY, ETC.

The wisdom of the Creator, in annexing a sense of pleasure with the sexual act, is obvious to every reflecting mind. Were this not the case, the end to be answered by the congression of the sexes, viz;—reproduction, would not be attained; for the act in itself, contemplated abstractedly, and through a philosophic medium, would appear as beneath the dignity of a rational creature. In fact, the greatest repugnance would be felt to sexual intercourse, were it not for the sensitive emotions which reciprocally accompany it. This incentive, implanted by nature as well in brutes as in man, is purely an animal sensation, and prompts both to propagate their species. But, it is observable, that while the former, unendowed with reason, makes the natural use of this wise provision, never deviating from the instinctive law, the latter, with his boasted superiority over the brute, and with the gifts of a thinking being, which assimilates him to Divinity itself, is the only one of God's creatures who perverts his faculties, and sinks himself below the level of inferior beings. The cattle of the field, have their seasons of amative excitement, during which they seek only to gratify the promptings of their nature without excess; but, to the disgrace of humanity, thousands of our race are not satisfied with a restrictive obedience to their

natural instincts in their sensual desires, but must give a loose to a libidinous impetuosity, and indulge themselves to rabid immoderation. But this is not all, it is not enough that they await the time and opportunity of gratifying their lustful appetite in the way consonant with the fitness of things, but they must devise a course by which they can forestall Nature herself, and prematurely levy a tribute upon her gifts, by the application of mechanical force, when she is the most chary of their reservation for future and proper use. Could any but a *human* being have contrived thus to frustrate her economical and wise intentions? What, in effect, does he do, when he infringes her laws by the violent abuse of one of her most important functions? Does the delinquent who pollutes himself in solitude, ever, for a moment consider, that he is damaging a piece of divine workmanship, so exquisitely contrived, in its mechanism, as to be perfectly adapted to the purposes intended? The consequence of such abuse, must inevitably be a relaxation of the structure, depriving it of all energetic aptitude, and a feebleness in the discharge of the secretion. Seminal weakness arises from repeated evacuations beyond the wants of the system. The youth has the power of exciting the organs at a time when, it is most necessary the fluid should be retained, and repeats the act, until the organs are exhausted of the stimulating power that produces erection of the penis, and maintains it in its requisite condition for sexual intercourse. By the operation, he inflicts a great amount of mischief, and the preternatural irritation of the vessels, causes them to exude a thin mucous discharge, deprived of all vivifying properties. From this irritation, an incapacity in the vessels for receiving

and retaining the secretion, as it is transmitted from the testicles, ensues. The system being drained by such excesses, the deluded victim of self-pollution becomes, when manhood arrives, entirely disqualified for the duties of the marriage state, and, should he enter it, will experience all the disagreeable, and mortifying symptoms of impuissance, whenever he attempts the conjugal embrace. This impotence, when rightly considered, must be regarded as one of the retributive effects of infringing a law of physiology, and, will be better illustrated by a brief exposition of the anatomical conformation of the parts of generation, to which, in proportion as violence is done, will be their inaptitude for their natural purpose.

Let us for a moment, consider, the male organ as a piece of delicately wrought machinery, complex in structure, and contrived in all its parts with the nicest regard to the twofold purposes for which its formation is adapted; each part being fitted with the utmost precision to perform its respective function. Let us, for instance, examine by what exquisite means, nature has provided for the secretion of the fluid, which, in the act of generation, is of such importance. The principal instruments employed in its retention and propulsion are the testicles:—these are inclosed in a pendulous receptacle, called the *scrotum*, which is connected with the canal, common to the outlet of the urinary and seminal fluids, by what is called the *spermatic chord*, by anatomists considered to consist of an artery, nerves, veins, and a seminal duct, intended to convey the seed from the testicles to proper receptacles, situated near the base of the bladder. These are supplied with cavities which, when filled and distended, in a healthy

state, produce the titillating sensation, which prompt desire, and stimulate to the erection, befitting sexual intercourse. Around the neck of the bladder,—the *sacculus*, designed for retaining the urine secreted by the kidneys—the Prostate Gland is situated; a body of peculiar structure, and designed to secrete a fluid, which is thinner than the semen, and distinct in its properties, but, which is simultaneously ejected with it, and serves to promote, the spasmodic action attending its discharge by lubricating the canal. By this, it will be seen, that the penis serves as the outlet to three different fluids, the urinary, the seminal, and that which pertains to the prostate gland. The receptacles which form a temporary depository for the seminal liquor, are termed the *Vesicula Seminales*, from their cellular capacity for retaining the secretion, until the propelling action of the testicles evolves it from its recesses. These bladder-like structures are two, corresponding with the number of the testicles, and in local relation to each, with which it communicates by an excretory duct. Their substance is partly fat, and their form is convoluted similarly to the intestines. These *vesicules* serve an important purpose, in elaborating that vitalizing abstraction from the blood, which constitutes the fructifying liquor ejected by the male organ in the act of generation,—this is described by naturalists, as of a milky-yellowish colour, of a peculiar odour, viscid and unctuous, and of great specific gravity. But it is not the mere collection of this fluid into the cellular receptacles, which gives it all the properties of fructification, as, subsequently to secretion, it undergoes a process which may be said, to concentrate and give it more consistence, so that its vivifying es-

semce becomes fully developed, and its adventitious and superfluous, or watery elements, undergo separation, and are carried off by a set of absorbent vessels. By this operation of nature, the seminal fluid is prepared for that lively stimulation, which incites to sexual desire, and befits the functions for the procreative act when legitimately induced. Let these particulars be borne in mind, and it will be easily comprehended why we attach so much consequence to the chaste restrictions, which ought to regulate the discharge of the seminal fluid; and, how obvious it must be, that an excessive waste of it, must impoverish the reproductive powers, and palsy their organic action, especially when the prodigality is commenced, and carried on during the period of youth. From these particulars, it will be apprehended, that, when the parts of generation are stimulated, and brought into action by unnatural means, so as to produce repeated discharges of the semen, their healthy condition must be considerably affected, and a debility ensue, which will be attended with its corresponding symptoms,—one of the most inevitable consequences is seminal weakness, evinced by nocturnal emissions. This morbid condition of the organs causes a spontaneous erection of the penis during sleep, when a discharge of the semen takes place, unsolicited by the patient, who is only conscious of what has taken place when he awakes and finds his linen moistened. It is true, he is frequently warned of it by lascivious associations in his dreams, and sometimes, in his slumbering impressions, the sensation during the escape of the fluid, leads him to the imagination that he is embracing one of the other sex;—on awakening however, a sense of dissatisfaction disturbs his mind, and creates harassing

fears; a frequent recurrence of these emissions indicates a state of debility which forebodes *impotence*. The repetition tends to accelerate the dreaded incompetence as the *vesicles* become unfit to receive and retain the semen as it is conveyed from the testicles, and the effects on the constitutional powers consequently become obvious. In many instances nevertheless, the sleep is not disturbed by the discharge, and it is not easy to conclude how often it has occurred.

Such is the result of a perverse habit, contracted at a time, when the most rigid restraints are necessary, to preserve, for the requirements of puberty, the precious secretion which serves so important a purpose in the animal economy. We do not deny that an irritability of the seminal vesicles, producing nocturnal emissions, may sometimes be ascribed to another cause, and, although, a continued habit of self-pollution is surely to bring it on, some latent morbidity of the sexual organs may excite these unnatural and weakening evacuations. Predisposing causes, of a nature difficult to discriminate, *may* sometimes operate to superinduce the debility which we have been describing, and it is the province of the practitioner, who has made such cases his particular study, to follow out that train of enquiry into the history of each case, as will furnish him with the true *criteria* of the existing cause. We flatter ourselves that a long course of experience justifies our pretensions to this detective acquirement. It must be acknowledged, however, that where the organic derangement has, by length of time, taken an inveterate hold of the system, the difficulties presented are so much the greater; for, *local* irritability in such a case, although the principal symptom, is not the only

characteristic of seminal weakness. On the contrary, its vitiating effects extend beyond the parts immediately affected, and involve the general system. It is an undeniable fact, that if temperate habits prevail, and no abuse or excess impair the genital functions, few instances of seminal debility will occur, and the apparatus will be adapted to furnish, and discharge on all proper and natural occasions, a healthy and vigorous portion of the secretion, without any injurious waste of strength. If however, in youth, an act is resorted to, which tends to anticipate the capabilities of manhood; and a fluid of essential aid, in developing the powers of adult age, be drained and misapplied by a perverting agency, it is certain that the consequence will be, in after-life, that state of imbecility which deprives of the power of performing the manly functions, And, although absolute impotence may not, in some instances follow, the sexual act will be divested of that vivid sense of ardent energy, which is its healthy concomitant, and the impoverished state of the seminal fluid, from frequent evacuations, will be dispossessed of the fructifying quality. Precocious indulgences can never be frequently repeated with impunity: they *must* have their effects in morbid action and debility. Premature familiarities with the other sex is perhaps not so alarming in its consequences as self-pollution, the opportunities for their recurrence not being so often at command. An abuse of the sexual appetite by manual agency, can be resorted to on any occasion of solitude, and the early commencement of this habit is a mark of depravity, which evinces how easily the tender mind can be tainted by evil influences and bad associations. The habit cannot be extenuated in any; but, if an allow-

ance is to be made in palliation, we must consider that the juvenile mind, when exposed to temptations and snares, is much less fortified, by maturity of judgment, for resistance, than that of the more experienced.

The defence urged by those who resort to the debasing practice in manhood, is, that by sexual intercourse, while single, they hazard the infection incident to such connexions, and that matrimony is a state involving responsibilities too great, and an expenditure beyond their means, That a virtuous abstinence is not easily achieved, it must be admitted, but, if the sexual desire be so strong and irrepressible, that neither reason nor the moral sense can control it, it is better to seek that mode of gratification, which has the sanction of law and religion, even though poverty should be entailed by it, than to outrage nature, and risk the loss of health and all the social and physical advantages of an abstemious course. There are some who are ready to excuse themselves in their follies, by pleading the difficulty of meeting with a congenial partner, whose education, disposition, accomplishments, and fortune are on an equality with their own, or suited to their wishes and tastes. But such pleas are indefensible; the difficulty more likely, arises from antipathy to the marriage restrictions, and a want of those agreeable qualities in themselves, which are calculated to attract the other sex, and gain their favorable sentiments. Many men entertain a sordid and gross estimate of the feminine virtues, and their low ideas of the graces and adornments of the female character leads them to indelicate allusions, whenever the sex is spoken of;—their conception of women is formed from the crudities of a vitiated imagination, and they can only think or speak

of her, in reference to the pleasure she is capable of conferring in subserviency to a lower order of feelings. It is true that the formal deferences of etiquette, may be conceded in her presence, by such men, but they are incapable of appreciating the claims which she has upon the more refined attentions of gallantry; and cannot allow any impulse but mere animalism, to inspire them, when, even by the voice of flattery, they affect to be sensible of her exalted position in the scale of social elevation. Their adulation therefore, is an offering to the shrine of her sexual capacity, and not an appreciating homage to her personal and intellectual worth, as a being, whose mission is that of directing the best affections of man into their proper channel, and to the end ordained by Divine Wisdom.

Rough natures, thus unsusceptible to the loftier impulses, which a true consideration of female excellence never fails to inspire, regard the sex more with contempt than esteem, and only contemplate their feminine qualities, with the view of feeding their lust by an abstract reference to their distinctive physical fitness for man. Such sentiments and feelings, naturally generate aversion, rather than pure affection;—hence a dislike to the conjugal state, and the substitution of a mere sensual rabid impetus for the endearing and hallowed excitements of mutual attachment, consecrated by the connubial tie, to the noblest objects connected with social happiness. Men, of this cast, are totally disqualified from contributing, either morally or physically, to the general amenities and humanizing reciprocities of social and civilized life, inasmuch as they are devoid of all those elements of character which give congeniality for the society of women in the supe-

rior relations she is destined to sustain in the great field of human action. It would be well for her therefore, if her lot was never to be yoked in an incongruous partnership with one of this class; but unhappily it too often occurs that a motive of cupidity, or some selfish consideration, will get the better of even the antipathies to marriage, and the result is, the greatest domestic infelicity. There may be some palliation for women, whose ardent temperament, when consigned unwillingly to the single state, render them the subject of a periodical furor, the paroxysms of which are beyond all control, because, even if they could by checks and restraints suppress the incontinent tendency, they would suffer injury to the system;—their situation is truly pitiable, since they are debarred, by all the rules of moral decency, and the value of a reputation, from exposing themselves to the other sex, by any voluntary act of allurement, which might lead to a gratification of their desires; and, should they yield up their chastity to seducers, they forfeit thenceforth, their respectable position in society, and run the hazard of another result which adds to the disgrace. But, to the credit of the female sex, we will say that, although their temptations are so strong, they are not nearly so much addicted to self-pollution as man; and, when we consider the painful situation in which they are often placed, and so trying to their virtue,—when, caressed and toyed with by man, whose language and attitudes tend to excite the amative passion to an intense degree of fervour, it is absurd to expect them to escape with an untainted imagination which, in solitude, recalls the amorous associations, and makes the ungratified desire so unsupportable, that an artificial agency is employed

to relieve it:—in some females, indeed, the suppression of the sexual impulse is at the expense of health.

Impotency may be considered a disease in which, both body and mind are concerned. It is a peculiarity of man, that he is often governed less by his instincts than by his imagination, in an affair which would be best left, almost entirely, to the promptings of animal nature. Where the mind is much concerned in connexion with sexual excitement, coition is not so likely to be performed with that unembarassed freedom and enjoyment, which is intended by nature. If the imagination has been kept on the stretch, picturing to itself the anticipated bliss, and conceiving its realization, an influence is exerted by sympathy on the physical condition of the organism, and, in the actual embrace, a timidity and over-solicitude often render it a failure. But, let the mind be easy, the body healthy, and no debility from pernicious habits exist, and no man when called upon, in a legitimate way, to exercise the procreative faculty, will be discomfited.

When once the practice of self-pollution has been commenced, the mind of the sensualist is constantly bent on the indulgence, and every opportunity of solitude is made available for the pernicious gratification. The consequences of this premature action of the genital organs,—if persisted in,—will certainly be evinced in after-life in the failure of the generative functions, and, a distressing feeling of mind is its natural concomitant. This imbecility, if carried into the marriage state, is sure to entail mental dejection, for, as the incapacity for reproduction,—the great object of the marriage union—occasions disappointment both in the means and end, it tends also, to that

mental depression, so frequently bordering on insanity. Sexual power will undoubtedly, be prostrated in the end, if, by an uncontrolled erotic excitement, the seminal fluid becomes drained in younger years, and by sympathy, the mind become a participant in the debilitating effects. The unfortunate individual, conscious of his lost vigour, is brought to a condition of nervous irritation, and a species of monomania ensues. The seminal fluid, or, that which by attenuation, assumes its character, continues to ooze away, drop by drop, without erections or enjoyment;—the muscular rigidity, and elasticity of the ejecting power which propels it, in a natural and healthy state, being lost. The man who, proposes to link another with his destiny, while suffering under such an imbecile state as this, must either have some most selfish and mercenary object in view, or, be approaching to that degree of mental aberration, which befits him for a lunatic asylum; and, should the opportunity of carrying his inclinations into effect be presented and realized, the result will be nothing less than the infliction of a cruelty, in its most refined form, upon the unhappy woman with whose feelings and affections he inveigles and trifles. For, what can be more trying to the sensibilities of a young bride, than,—after raising the natural and reasonable expectations, which an intuitive pleasurable impulse has originated, to the highest pitch warranted by a sacred bond of connexion—to mock her with an ineffectual attempt to meet her natural desires? Let such a man put it to his conscience if he does not, in such a case, commit a great wrong, and incur a moral culpability, by tampering with an innocent being, and cheating her of that surrender of her person, for which

she receives no requital or equivalent in the shape of connubial enjoyment! In fact, by so doing, he has entered into a solemn compact which he was not capable of fulfilling; he has perhaps gratified his own cupidity for acquiring worldly possessions, but, in return, given nothing but a worthless wreck of humanity, having the semblance and shadow of the masculine attributes; whilst the pitiful and frail efforts of his enervated and depraved system, evidence, but too plainly, that the substance is gone; and the partner of his bed has thus to pine in disappointment and disgust at the sacrifice she has made, in irrevocably yoking herself to such an incarnation of feebleness. What but the most exemplary heroism can bind a woman, under such circumstances, to an inviolable allegiance to the marital sovereignty; or, is it wonderful that, from such alliances, our Law Courts should expose so many cases to public notice, implicating the fidelity of wives, thus cajoled and deceived into a barter of their virginity to beings, who have neither the power to render its acquisition, an acceptable possession, nor to confer the immunity which, in exchange, it is woman's privilege to expect.

A few years ago, a legal gentleman, of our acquaintance, related to us the following case, in which he was professionally concerned. A married couple, in high life, became, some time after their union, so alienated, that their discord was apparent to all their friends, and indeed notorious, to the public, shortly afterwards, by the elopement of the lady with a particular friend of her husband's, an action for *crim. con.*, was the consequence, when, in the course of investigation by the defendant's attorney, to support the defence of marital

ill-usage, the revelation was made, that the husband was impotent, and quite unable to fulfil the obligations of the marriage bed. Now, although such a defence would not have been admissible in a Court of Law, it was, nevertheless, thought advisable to intimate the fact to the plaintiff's attorney;—the consequence was, that the case was not proceeded with—a separation took place—and the husband was obliged to allow a maintenance for his wife.

We have already hinted that *impotency* is not in all cases ascribable to early impurities, but, in most instances, these are the sole cause. There is an infirmity which renders a man, or woman, incapable of reproduction, although the capacity for coition may not be defective;—and this, should not be confounded with impotence. Sterility, in either sex, may arise from physical defect, natural or acquired,—from malformation or disease,—but, where the male organs are so deteriorated by an abuse, in itself so debasing, and in its consequences so destructive to social happiness, the hope of progeny is out of the question. As well might we expect vegetation, without the germinating principle, as reproduction from the imbecile attempts of a man, whose vital stamina have been dispersed by premature action, and whose impregnating apparatus has lost all virility. But, the question may be asked; "Are we to give up such miserable beings as lost to society, as it concerns their incompetence to add to its happiness, and discharge the interesting obligations which pertain to its well-being?" We answer, certainly not; at the same time adding, that the practical verification of our assertion, depends much on a self-determining moral power in the individual suffering.

We have, in the course of our practice, had many cases brought under our notice, characterized by extreme symptoms; in which our treatment, when rigidly adhered to, from the spontaneous faith and resolution of the patients, has proved effectually successful. We might swell our work with a list of these, but, as this is not our purpose, we merely give the following confirmatory testimony, as one instance of the renovating effects of the course we have adopted.

Brighton, June, 1845.

Gentlemen,—It is now six months ago, that I was induced, from what accidently came to my knowledge of your professional repute in certain maladies, to consult you in my own case. You will recollect that I had then just entered the marriage state; and what a grievous condition of mind I was in, not only as respected my own immediate feelings and physical enjoyments, but as my situation affected the happiness of another, whose affections I had tampered with. You will remember, or, if you do not, I shall never forget, with what a nicely-directed delicacy, you proceeded with your enquiries as to the nature of my sufferings, and the cause which led to them. The manner in which you brought your physiological and pathological experience to bear on the investigation, so overcame all my diffidence and reserve, that I unhesitatingly divulged to you a secret, which, I had hitherto disclosed to no one. I informed you of my early juvenile folly—or rather wickedness; for, certainly, an act which contravenes the laws of our organization, and mars the work of divine wisdom, must be ranked in the catalogue of criminalities, for which man will be hereafter accountable. Of that folly, I now, sincerely

repent, though I fear that regret for the loss of a pleasure, I would have given worlds to have then realized, must, in some degree, have mixed with my motives, that repentance was not of the most genuine kind. However I made you my confidant in the matter, and told you how, in my younger days, I resorted to a habit, which I now blush to allude to, so abominably repugnant to my better feelings does it appear. Having once departed from that purity of mind and body which urged me on to the self-polluting career, I could not afterwards check my indulgence in it, and went on to those excesses which, in manhood, I found, to my sorrow, were productive of such serious consequences. It is true, I entertained the vain hope that, though I suffered from seminal weakness, yet if I married, the power of sexual connexion, which notwithstanding my licentious propensity I had never tested, might still be at command when the crisis of consummation arrived. But alas! as I before informed you, that crisis was one, in which, I had to brook the double mortification of a total failure, and the shameful consciousness of having excited the delicious sensibilities of an affectionate woman, without the capability of satisfying their ardour; and, subjected her to a painful and humiliating position. Happily my admissions were the better understood, as they were, you told me, to a great degree, in your mind anticipated, and what followed was a plan of advice and treatment, the benefits of which I soon felt, and, by persevering in the course you recommended, I am now a renovated man, and in the full enjoyment of a faculty which I had so much impaired by self-abuse.

I have now the pleasure of informing you, that all

the distressing symptoms of seminal weakness which I suffered are entirely gone; my erections are natural, and accompanied with that sense of sprightly virility, which, you told me, were the true signs of a healthy and vigorous tone of the genital apparatus; and, instead of premature ejections, as formerly experienced, I feel, in the sexual embrace, the delightful sensation arising from the restored power; and the satisfaction of imparting pleasure to another while I am receiving it myself. What is still more conducive to our mutual happiness, I have every reason to infer a result, which will eventually entitle me to the congratulations of friends, in that new character which every married man is anxious to sustain. Permit me therefore, to offer you my grateful acknowledgments, as a benefactor to whose timely aid, it will ever be my pride to ascribe an instrumentality which, under Providence, has rendered me lasting good, and laid me under large obligations; and believe me,

Faithfully yours,

J. C.

P.S.—I have removed hither for a short time, to give Mrs. C. the benefit of sea air, as since being *enceinte*, she has been subject to the indisposition incident to such a situation.

Thus it will be seen, that the object in this treatise, in sketching a picture of the maladies and evils consequent on self-pollution, is not to terrify, with desponding fears of the sufferer's irremediable condition; but, to hold out hopes of recovering lost vigour, on conditions, which must be rigidly complied with. In the above case, it was a special injunction that the patient, for a time specified, should entirely abstain from sexual

intercourse; and, as much as possible, divert his thoughts from the subject, to other channels. A temporary absence from home in some active pursuit, tended much to attain this end, otherwise, the excitability to which he would have been necessarily subject, from the close proximity of his connubial partner, would have frustrated it;—for, although the chief cause of impotency is the unnatural abuse of the organ, its natural use in such a debilitated condition will be sure to retard the cure.

A long course of experience in the investigation and treatment of such cases, enables us to speak with confidence, not only as to the nature of the distressing maladies which originate from the causes we have described, but also of the remedies to be adopted, We do not in this, assume any pretensions beyond what the study of organic laws, and physiological principles justify, nor, do we attach any undue value to the medicinal means we prescribe. For empirical specifics we have no predilection, but rely on that method of testing the efficacy of a remedy which combines a full analysis of diagnostics and constitutional indications, with the inductive process of experimental science. To apply a treatment, without ascertaining the true cause of the disease, and its ramified extent in the system, would be absurd and futile. Our plan is the result of a succession of recorded observations, and comparative classification of cases:—we do not pretend to new discoveries, but adapt, with *practical* effect, already recognised remedies, to the peculiarities of the malady; and, in tracing out these peculiarities, exercise a discrimination which can only be acquired by laborious and persevering attention to patients subject to a certain

class of complaints. In few words, our system is, first, to reach and arrest the cause, by suspending that organic action which impairs the tone and vigour of the parts by undue irritation; next, to impart a renovating energy to the secretory functions, and give them that retentive power which is essential to the matured state and fructifying property of the seminal fluid; and lastly, to restore that general healthy condition of body and mind, which befits the patient for a life of activity, and rational usefulness.

CHAPTER III.

ON GONORRHŒAL AFFECTIONS, AND SYPHILITIC DISEASES, UNDER THEIR VARIOUS FORMS AND STAGES, WITH THEIR SYMPTOMS AND TREATMENT.

In no case do we observe the connexion established between the organic laws of animal nature and the self preservative principle, more, than in that of Chastity. Impurity and derangement are correlative and sequential. Sensual indulgence is the inlet of a poignant arrow into the system, as if nature had determined, that her nicest mechanism should be fenced with the strongest motives for its defence against ruthless inroads. Man's propensities for evil lead him one way, whilst all the laws of his being, point his course in an opposite direction, and, to furnish him with inducements to virtue, have decreed that the devious paths in which

he wanders shall be beset with thorns and poisonous plants; whilst the road to happiness shall be that of temperance and purity. Retribution is sure to follow excess, and particularly in the abuse of the generative faculty. Hence, sexual intercourse unsanctioned by the holy tie of marriage, if frequently indulged in, leads to contagious diseases. It has been so ordained, that unlawful connexions shall expose those who indulge in them, to a contagious *virus* very injurious and painful in its effects:—this, however, seldom follows when one of each sex confine their intercourse exclusively with each other; but, when the female admits to her person, different men particularly at brief intervals, she contracts a disease, which is subsequently communicated to the male participants of her amours. When the communicated *virus* produces local inflammation, and a mucous discharge of a peculiar character, it is called *Gonorrhœa* or clap. The difference between this venereal form and the syphilitic poison is material; the latter, terminating in a destruction of the surfaces with which it comes in contact, and, being absorbed into the general, system is diffused through its whole extent;—in some cases to a most frightful degree, sapping all the springs of life and health.

Gonorrhœa is a common result of improper connexions; it is a disorder, attended with very painful symptoms, and, when frequently recurring, is productive of serious injuries to the generative organization, with other physical evils. Its approach is foreboded by a heating sensation at the extremity of the penis, accompanied with itching about the orifice, but, so far from repressing the sexual desire, these symptoms tend rather to provoke it, and cause frequent erections, As the

inflammatory characteristics advance, the sensations described, are succeeded by an unpleasant feeling, and a distension of the labial parts of the urethra, which become of a red colour. An increased secretion of mucus takes place in the urinary canal, which is very sensibly acted upon by the inflaming agency, and consequently, the passage becomes less capacious for evacuating the urine, which becomes partially retained. A morbid change of the contiguous parts ensues, and then the discharge of a whitish matter, with swelling of the glands of the penis and a pungent sensation in evacuating the urine. As the discharge increases, the inflammation becomes more sensible, and a scalding sensation gives great unpleasantness to the patient. The mouths of the gland, situate within the urethra, assume a tumified condition, and a painful tension of the penis, on erection, takes place; the matter discharged, as it flows more copiously, loses its glutinous quality, and in its diluted form, takes a hue between a yellow and a green. The orifice continues to increase its scarlet appearance, until the top of the penis becomes like a cherry, and the urinary discharge is accompanied with excessive pain. The natural flexibility and freedom of the penis, is counteracted by the tendency of the inflammation to draw it into a curve, when stimulated to the erect position, which causes acute suffering, the more augmented, by the continued action of that excitement, which is usually more active than in a state of health, causing the erections to be more frequent. When the patient is in bed, the anguish arising from this excessive stimulation is intolerable, keeping him from sleep; and sometimes an involuntary discharge of semen aggravates his anguish.

These are the general features of the disease throughout its different stages; it is to be remembered however, that one general description will not classify the variety of complicated forms under which, in different constitutions and temperaments, it frequently appears; much less does it enter into the multifarious consequences to which it gives rise, and which come under a large category of maladies. Even the mere local incipients of the virulence are to be dreaded, as, if they are unattended to, or not arrested in time, the baneful influence rapidly extends, and becomes the source of numerous constitutional derangements, and a diversity of ailments which in their symptoms are alarming. It is therefore requisite that, in the earliest stage of gonorrhœal affections, recourse should be had to the best means of checking the dissemination of the *virus*; and in this, the patient is never safe, unless he places himself under skilful hands. In seeking the means of cure, he will no doubt be met in every direction, with ostentatious proffers of a certain cure, in the advertisements of nostrum-mongers and ignorant pretenders, whose insidious quackeries will perhaps allure him;—but, let him be cautious how he tampers with drugs, compounded by adventurers. The treatment of Gonorrhœa is not, *per se*, involved in difficulty, but what may be simple and easy in any branch of science or art, to the adept and the experienced, may be complicated and occult to the unprofessional.

The pursuits of a philosophical enquirer, lead him to the discovery of those facilities for acquiring truth, which, the man indifferent to study, does not perceive; and what, to a mind bent on investigating causes and effects, might appear divested of all perplexity, to

one not gifted with this faculty of attaining knowledge, or, who does not exercise it, may be viewed as intricate and involved in mystery. So, in the medical profession, the path that leads to the right track is one of assiduous and indefatigable devotion, to the study and application of principles, established on the basis of inductive reasoning; by which, the pathological phenomena of a malady, may be examined by a systematic test, at once defining its true character, and suggesting the mode of procedure for effecting the cure;—the same phenomena, to an unpractised pretender, might baffle his conception and perplex his mind, and, in the confusion of his ignorance, he will prescribe a course at random, which, when adopted, only serves to aggravate the disease it pretends to cure.

Having made these general observations, we shall now be more explicit and minute,, in describing the evils to which erring man is subject, from improper contact with the other sex. Both sexes are liable to venereal infection, but, from structural differences, the disease in the female, scarcely ever exhibits the violent symptoms to which the male is subject from it; perhaps however, the principal cause of this difference, is the natural or morbid effusions, emitted by the female organs, and by which, the infected matter is carried off. We have already alluded to the progressive stages of Gonorrhœa, and described its inflammatory character. If the inflammation be not very intense, and the constitution, such as to resist its violence, the discharge from the urethra will not be much; but, if it assume a formidable character, the mucous matter will be more copious, and the natural erection of the penis prevented, by an agonizing tendency to a curved direction; which

is much increased, should the excitement be strong, and the sexual desire very predominant. This painful condition is termed a *chordee*.

Besides this affection, there are other conditions of the organs which add to the distress of the patient. The *Bubo*, is a swelling, produced from gonorrhœa, by sympathy of the adjacent parts, and the absorbent glands of the groin, partake of the inflammatory action. But, in this form, the *bubo* is different from that which is formed after *chancre*, as the latter suppurates and bursts; but the former, rarely terminates in abscess, and is very seldom attended with much uneasiness to the patient, if he be allowed repose and is properly treated. The prepuce, or foreskin, also becomes inflamed, and *phymosis*, ensues, causing a thickening between the two cuticles, the delicate contexture of which, becomes subject to considerable irritation. This is a surgical branch of gonorrhœa, as, from the great tension of the parts, the foreskin is incapable of being drawn back, and consequently is often productive of serious effects, especially if the source of irritation be chancre;—more commonly however, it is originated by gonorrhœa. When the inflammation runs high, the gonorrhœal discharge finds its way beneath the glands, and painful ulcerations are the consequence. The cellular membrane being slack, the tumefaction which takes place in the prepuce, becomes considerable; and, if chancre be the cause, the matter which occasions the swelling, will accumulate round the edge of the glands, and produce an ulceration of the prepuce, in the inner surface, In this case, nothing short of a recourse to the knife of the skilful surgeon, will be available in relieving the patient; but even *this* operation. is not

always safe, especially under inexperienced hands, as gangrene may sometimes ensue by an injudicious incision.

Another state of the foreskin, in gonorrhœal cases, is when, being retracted, it is incapable of being drawn forward, and acting on the glands like a strangulating ligature. This is called a *Paraphymosis*, and, in some instances, the difficulty of getting the prepuce over the nut of the penis, has proved a serious injury; the constriction interfering with glandular circulation, and producing effects, approaching to mortification. In the treatment of this, and its converse, great caution and tenderness are necessary, and the inflammation can only be allayed, in some cases, by the application of leeches. With regard to those inflammatory enlargements of the glands of the groin, called, *Sympathetic Bubos*, which occur during the gonorrhœal progress, the patient must resort to skilful advice, in order to be certain that the swellings are ascribable to that cause, and not to syphilis; for, in the latter case, we must adopt a different treatment, to that of the former, and its characteristic distinctions will require a nicety of discrimination to point them out. It is not uncommon in gonorrhœa, for the patient to have a swelling in one of the testicles, which is a painful affection; this also, is sympathetic inflammation, and is communicated from the urinary canal. Its occurrence much depends on the habits and constitution of the patient, although it sometimes arises from drastic medicines, improperly administered; and if, when the gonorrhœa has for some time existed, recourse should be had to irritating injections—an objectionable practice—swelled testicle is generally a consequence. An irritable temperament,

or active exertion, during the incipient stage of clap, or excess in luxurious diet, and intoxicating liquors, will not unfrequently, bring on this distressing concomitant of gonorrhœa. The patient should lose no time in seeking the best advice in such a case, for otherwise, much mischief may result to the structure of that important part of the generative organs; care also should be taken to support the testicle by a truss or bandage, and means employed to allay the inflammatory symptoms. Repose, and temperate habits, are essential, and fomentations with bleeding, sometimes indispensable, while the bowels should be assisted in maintaining their free and proper action;—the patient should abstain from exercise, and, as much as he can, keep himself in a recumbent position. It may with truth be said, that this result of gonorrhœal disease is one, which, for its painful nature, and dangerous character, requires the most anxious attention for its removal.

After the ordinary symptoms of clap have subsided, there frequently succeeds an obstinate discharge, of a somewhat pellucid matter, called GLEET, which is a mucous fluid, induced by a morbid excitement of the urethra. It is, in some cases, rather constitutional, than derived from gonorrhœal affections, and apt to occur with men, not of a generally healthy condition. More commonly however, *gleet* is a disease, occasioned by some latent remains of the primary disorder, supposed to be cured, but, in reality, not eradicated from the system; in this case, it assumes a sequential form, of less malignity, but of longer duration, and, by its continuance will probably so act on the seminal vesicles, as to debilitate their functions, and, what is still

worse, be likely to produce that distressing complaint; *Stricture in the Urethra.* Patients subject to this gleeting discharge, cannot safely indulge in sexual intercourse, and are unfit to enter the marriage state. The discharge sometimes continues for months, and even years, with more or less inconvenience, according to the varying habits and mode of life of the patient. The quantity and appearance of the discharge, will also depend on the circumstances under which the sufferers live; immoderate indulgences at the table, either in eating or drinking, or violent exertion, bodily or mental, will naturally tend to augment the discharge, and increase its pungency; a temperate use of plain diet, with a moderate degree of exercise, will, on the contrary, be conducive to its alleviation, and materially co-operate with the medicinal means employed for entire relief. A neglect of gleet has been known to lead to fatal consequences, inasmuch as the continued draining, must produce those exhausting effects which act on the vitals, and ultimately undermine the springs of life. The patient should therefore, lose no time in having recourse to the means of cure, and be rigid in the observance of a proper regimen; he should abstain from the use of vegetable substances, acids, and stimulants;—early rising, with gentle exercise in the open air, the cold bath (cautiously used), or, at any rate, morning ablutions about the parts affected, are important auxiliaries in a cure.

Stricture of the urethra often results from gonorrhœa, and is of two kinds, *spasmodic*, and *inflammatory*. The former, may affect individuals who have not been subject to the disease alluded to, particularly young persons, as it may arise from various causes; such as

an exposure to wet and cold, from indigestion, suppression of urine, or violent exercise; but, in most instances, it is traceable to a neglected or obstinate *gleet*, protracted by debauchery and excess. Spasmodic stricture is generally seated at the neck of the bladder, and one of its common symptoms is a difficulty in voiding the urine, accompanied with a painful sense of the obstruction, or contraction of the urinary passage. INFLAMMATORY STRICTURE is an aggravated form of the disorder, and consists in the effusion of adhesive lymph, beneath the surface of the urethra in its inflamed state, as derived from gonorrhœa, tending to lessen the capacity of the urinary canal, and causing the water to dribble a drop at a time, or to issue in a spiral or forked stream. A permanent stricture is caused by gonorrhœal inflammation, so acting on the organization, as to destroy its proper tone of action; the channel through which the urinary secretion is propelled becoming impeded from accumulations of gonorrhœal matter under the membrane; whence there is no means of removing it. It is true, that difficulty in voiding the urine, often occurs from a cause to which we have before alluded, in another part of this work,—as sensualism indulged in under different forms, may occasion contraction of the canal, even long after the cause has disappeared, and marriage, for years been contracted, stricture may gradually advance, and by incapacitating from sexual intercourse, be the means of exciting surmises, and furnishing tacit revelations as to the early follies which have originated the malady. The symptoms of the disorder are often so distressing, that relief cannot be obtained without instrumental aid, in which case, the patient must intrust

himself to the hands of the surgeon, who, if he be a skilful operator, will effectually assist the urinary discharge.

There are other affections incident to the urinary organs from the gonorrhœal attack, amongst which, is the disease of the PROSTATE GLAND. Its effects are *almost* permanent, and, as it interrupts the action of the bladder, the sufferings arising therefrom are very acute, proving a bitter alloy to the enjoyments of life, and sadly interrupting the pleasures of social and domestic intercourse.

We now come to treat of the nature and symptoms of *Venereal Infection*, or SYPHILIS, which is produced by absorption of the poisonous matter, communicated by impure connexions, and whose contaminating bane extends throughout the entire system. This constitutes its essential difference from clap or gonorrhœa; it has however, as the other, its varieties of form, and degrees of virulence. Some of its effects are rapid in progress, and deplorable in its ravages on organic structure, whilst others, are of a more controllable character, and less detrimental to the animal economy. The contagious matter, received from connexion with a female, labouring under the disease, inoculates the male organ, which, having once imbibed the poison, becomes gradually assimilated in its morbid effects, to those which affected the source; and ulcerous sores, similar to those in the female genitals, with which contact had taken place, follow the infection. They are generally single, but sometimes in number indefinite, and affect the penis externally, about the root, and particularly the prepuce and glands. This form of syphilis has received the name of *Chancre*. Its

appearance is red and irritating, and its tendency, is to extend gradually towards the base or posterior parts of the organ, and, if not soon checked in its progress, will ultimately destroy it. The time which elapses after the sexual contact, and before the ulcerations appear, cannot be definitely fixed; the infection first becomes evident by an inflamed spot, which turns to a small watery pimple; ripening,—its pungent and corrosive contents, burst their distended incrustation, and produce a rapidly-extending ulceration. The sore, in the middle, exhibits a cavity, deeper than the skin, which is a source of much anguish; and around the base, a fiery and deeply-shaded vermillion hue, is visible, with a cuticular firmness indicating inflammatory action. The diseased surface assumes a yellowish tinge, and a jagged hardness marks its edges into an irregular outline. The thickening of the parts immediately adjacent to the sore, is an ordinary characteristic of the chancre, but the forms, under which this disease appears, are various. The seat of the primary sores, however, is not confined to the genitals, but other parts of the body, covered with mucous membrane, are exposed to them. The rapid and destructive diffusion of chancre, depends on its depth under the skin; if this be superficial, the progress will be slow, but if much below the surface, the virulence will be speedy, extremely devastating and perhaps, followed by gangrene. Sometimes, chancre is not attended with the inflamation already described, but the outside of the prepuce becomes ridgy; this form of it is serious,—although it may be, for a length of time, almost stationary—as it does not easily yield to any treatment, however skilfully adopted; in some cases, indeed, months

elapse before these sores evince a healing process. Another form, in which this kind of ulceration appears, is of a more malignant character, the borders of the sores being marked with a glowing scarlet colour, and the corrosions becoming integrated. The utmost caution is necessary in such cases, as, by improper treatment, the ulcerations may act destructively on the entire integuments. The species of chancre termed the *sloughing ulcer* is not less dangerous, and may, if neglected, ultimately destroy the penis;—a black spot is its incipient stage, which extends, and afterwards becoming detached, leaves a pitted surface, by no means speedily disposed to heal.

There is another species of chancre, attended with ulcers of a corroding character, having its circumjacent parts of a livid colour; this is of the *malignant* kind, and instances of it have been known, in which, by improper treatment, or the injudicious use of *mercurial* applications, the patient has suffered the decay of the whole penis by the removal of the ulcerations. A venereal ulcer may, on the first appearance, take a malignant irritable form, whose progress will affect the parts with gangrene, and rapidly waste away the penis. Sometimes a bubo, has also a similar character, and unless assistance be afforded speedily, it may be attended with great danger. This bubo is formed by absorption of the poisonous matter from chancre to the glands of the groin, producing, as it passes through those parts, a very painful and inflammatory enlargement, which generally terminates in an abscess, which ultimately bursts. By this means, the venereal disease becomes constitutional;—the poison is diffused throughout the system, and thence to the various solid structures of

the body, first, affecting the membranous coating of the nose and throat; next, taking the form of external eruptions, and finally, reaching the bony integuments; in some instances, even, not sparing the bones themselves. In the latter case, the destructive process goes on to the osseous structure, so that the patient becomes an object, odious to be seen or heard; his features and voice bearing deplorable witness to his pitiable situation.

The *eruptions* arising from venereal chancre, are not attended with great pain, although they cause an uneasy itching, which, towards night, and when the patient is in bed, increases. They generally appear in straggling patches on the face, and upper parts of the body, or the arms, and vary in character; in some instances, being conjoined with ulcerations with jagged edges, whilst in others, they give a scaly exfoliating effect to the skin, with other characteristic appearances.

When syphilitic disease attacks the bones, an inflammation of their enveloping membrane precedes, and the bones of the leg are the first which suffer from it, indicated by swellings of the shins, termed *venereal nodes*,—enlargements of the investing periosteum:—to these succeeds a deterioration of the osseous structure itself; which however, may take place long after a chancre has healed. But the attack is not confined to the longitudinal bones; syphilitic disease may also affect others, such as those connected with the nose, mouth, throat, and even the cranium, and, in the latter case, intolerable and agonizing pains in the head will ensue;—sometimes the eyes partake of the painful consequences of syphilitic inflammation, and the loss of sight ensues.

It is not to be overlooked, that syphilitic disease is hereditary, by transmission from parent to children, either before or after birth;—a fact confirmed by some of the most eminent practitioners in midwifery. When this is the case, the signs of it are evident in the puny and shrivelled form, the feeble wail, and general unhealthy condition of the unfortunate offspring. It was formerly, the practice to resort to *mercurial* preparations in syphilitic diseases, as a remedy, supposed to be of unfailing efficacy, in every form in which it appeared; happily however, for the sufferers in such cases, the use of this medicine has been, in modern times, exploded, as in many instances being more likely to aggravate the evil it was intended to cure. This general adherence to a reputed specific, was more the result of a servile deference to great names, than of independent judgment; it was then thought a species of disaffection towards the professional magnates, if members of the profession had the temerity to think for themselves, and innovate on the established dogmas of the leading men of the age;—but now, the trammels of this slavish submission to authority are broken, and the principles of science, as ascertained by the bold spirit of research and rational enquiry, have emboldened a safer and more enterprising mode, testing the treatment and remedies of medical men; one of the happy results of which is a discarding of the drug to which we have alluded, in cases of syphilis.

CHAPTER IV.

THE BLESSINGS OF HEALTH, AND THE PLEASURES OF VIRILITY.

—— O numera nondum
Intellecta Deûm. LUCAN.

——Thou chiefest good!
Bestowed by Heaven, but seldom understood.
ROWE.

That man was created for acting an important part in the great concerns of this terrestrial stage, in the events which develop the grand scheme of a designing Providence, there can be no question; and his capacity for forming an active, honourable, and prominent link, in that great chain of cause and effect, by which the Divine prescience plans and accomplishes the purposes of ineffable wisdom, is no small degree belongs to his animal as well as intellectual nature. Nor, is it less certain, that in all that relates to his character and destiny, his happiness is the ultimate object intended by his beneficent Creator. Designed to enjoy the good with which he is surrounded by Nature's benignity, he is furnished with faculties, suited to receive pleasing impressions, from every object upon which his senses can be exercised. The powers of body and mind, by which he is distinguished from the brute creation, fit him for exalted aspirations after the great source of

life and intelligence, and actuate him to exemplify his superiority in the scale of beings, by the cultivation of every noble and virtuous impulse;—that is, if he live for what he was intended, and conduct himself worthy of the prerogatives with which he is invested. An existence is given him, not merely to empower him to breathe, eat, drink, and sleep, but to make him an elevated agent in subserviency to the will of Heaven, for furthering the sublime plan of infinite benevolence; and he is therefore, in his physical and mental attributes, capacitated for promoting his own happiness and that of his race. The human frame, exquisitely organised as it is, depends on the due order and regularity of its functions, for that unimpeded and natural action which tends to give the greatest amount of physical enjoyment. This state of the animal economy is called *Health*, the preservation of which, depends much on the caution exercised, in controlling or resisting the different adverse agencies, to which it is constantly exposed.

To be in good health, is desired by all, for, in the nature of things, no human being can wish to experience painful sensations. That health is the greatest temporal blessing, next to life itself, is a self-evident proposition, recognised by the every-day intuitive promptings of all mankind. The common-place enquiry of different classes of society, after the health of friends, neighbours, and acquaintances, although often a mere matter of etiquette, or ordinary courtesy, manifests a predominant feeling, which regards it as a most estimable blessing. Hence, the phrases, "How do you do;"—"I hope you are well" &c., as the daily salutation, although, generally expressive of civility, suggest what is asso-

ciated in the mind, with the external recognition of familiar faces. Our sympathies are naturally awakened by the intelligence we receive of ill health, from any with whom we are on friendly terms, and in proportion to its seriousness; the suffering it causes, and the closeness of the ties which connect us with the sufferer, will be the interest we take in the case, and the solicitude we evince in the result. Health, is of so much importance as a main ingredient in human felicity, that the want of it cannot be compensated by wealth, rank, or title. Of what avail are riches with a frame enfeebled, and panged with sickness? A poor man, who has the free and healthy use of his limbs, and enjoys freedom from pain, is in a more enviable situation than his opulent neighbour, who, borne down with the pressure of his bodily ailings, passes his days under the aches and tortures of contracted muscles and swollen joints, and his nights, in disturbed repose, although nursed in the lap of luxury, and attended with the most voluptuous ministrations. Health is therefore a blessing, which cannot be too highly prized, or too thankfully enjoyed. This being the case, how great is the responsibility incurred by its abuse, and the malappropriation of the powers it confers! To neglect the means of its preservation, is ingratitude to the Almighty and Benignant Being who bestows it, and to prostitute it to the purposes of wanton gratifications, and immoral pursuits, is a gross criminality, which, by a retributive law of nature, brings its own punishment.

In the full enjoyment of health, several conditions must be pre-supposed:—One is, Structural Formation; all the parts must be perfectly formed, and proportioned, to

one to the other; deformity indicates certain imperfections, denoting a deviation from nature's symmetry, presenting to the eye, a degree of odiousness, and often causing derangement and pain to the sufferer. This is perhaps, more frequently the case in spinal malformation than in any other, and although, in many instances, the inconvenience and suffering do not appear to be great, the health must, in some degree, be affected by the imperfection. Another condition of health is, constitutional soundness, and on this depends, most of the favorable phenomena of vitality. It is however, of essential consequence to good health, that the vital organs be in that state, befitting them for their proper functions, and, that in every part, the respective actions assigned to each, both independant and reciprocal, be duly performed. This indeed, is so obvious, as to need no argument to enforce its truth.

The organic actions consist of processes by which, existence of the living being is maintained, and the perpetuation of its species secured. From the organic actions, are derived what may be called the animal, or voluntary actions, or those processes by which, the individual is rendered percipient, and capable of spontaneous motion. Organic processes comprise, nutrition, circulation, respiration, secretion, &c., and lead to the consideration of a third condition of health, although perhaps, not in every respect absolutely indispensable to its full enjoyment—this is *Sensation*. Man, in common with other animals, is endowed with five senses, all of which, more or less, contribute to that state of his mental and bodily faculties which capacitates him for the highest degree of enjoyment:—if any of these are defective, or wanting, by so much are his means of

health and pleasure diminished. It is true, that persons may be otherwise blessed with exemption from disease and bodily pain, who are deprived of one or more of these senses, but, so far as the term *health* is applicable to the entire frame, the want of any of the organs, or parts, which nature usually supplies, and which, together, make up that harmony and beauty of structure, by which human existence is invested with the most desirable attributes, the loss of a sense is imperfect health. Lastly, an important condition of health is that state of the mental faculties, which denotes the due subjection of the passions and imagination to the control of the reason; and, so intimate is the connexion between mind and body, and, so much is the reciprocal excitement caused by the alternate action of the one on the other, that unless both are regulated by those restraints, which keep them within their legitimate sphere of operation, either the one, the other, or both, will suffer.

Let us now consider, the means, agencies, and influences, immediate and extrinsic, which either conduce to the preservation of health, or, have a tendency to impair it. Every organ of the human body is excited to action, or, its functions are called into operation, by means of some external body;—the due performance of these functions being more or less affected, by the degree in which the voluntary actions are influenced or impelled, by the complex arrangements which connect the animal economy with the intellectual powers. The external agencies by which health is maintained, are air, water, heat, cold, light, and electricity; and these are as necessary to the growth and fructification of a plant, as to an animal. These physical elements act

on the living organ, the living organ reacting on them; and thus it is, the lungs receive and decompose a portion of the atmospheric air, combining one of its component gases with the blood. Another constituent, but noxious element of it, is expelled by respiration, and so, the process goes on, for the continuance and support of the vital principle. We are therefore immersed in this fluid, for all the important purposes of life, and health, and it is, according to its purity, or impurity, its plenitude, or deficiency, that health is preserved or disease produced.

Thus much by way of illustration as to external agencies; but, as we do not profess to give a physiological disquisition, we must pass on, to notice how far man becomes, through ignorance of the organic laws of his nature, or the impetuosity of his passions, and unlawful indulgences, the instrument of undermining his own health.

The human frame is so constituted, that, by a wise ordination, we are incited to seek the means of its preservation through the medium of pleasing sensations. To sustain life, there must be a constant accession of nutritive substances to repair the daily wastes, and an organ, called the stomach, is formed for the purpose of receiving and digesting the alimentary supplies, necessary to this continued reparation. Volumes have been written to prove how essential it is, that all excess should be avoided, in order to keep this important organ in that condition, necessary for the due performance of its particular function. But, it is not merely requisite that we should observe the rules of moderation in eating, to retain health;—in everything connected with voluntary action, the same principle ought to guide

our conduct. Excess in bodily motion, or rest, watching or sleeping, passion or action, are alike inimical to health; excitement, physical, sensual, or mental, to an excessive degree must have a pernicious effect on our organization. The wise man therefore, who values health as a blessing from heaven, will appreciate its worth, and exercise care and caution in endeavouring to preserve it.

Closely connected with the enjoyment of health, is the pleasure of possessing that faculty, in its most perfect functional energy, by which man is capacitated to perpetuate his species. It is termed *Virility*, a word derived from the latin *vir*, which differs from *homo*, by conveying the idea of masculine vigour, whereas the latter, only implies a distinction of species, similarly to our term man. When the Great Creator placed our first parents in Paradise, he pronounced a blessing upon them, in the words, "be fruitful and multiply." This blessing carries with it the beneficent sanction of the Deity, for the intercourse of the sexes in the lawful manner; and to the due performance of the act, he has wisely annexed a double pleasure, that of experiencing the most agreeable sensations, and, as the result, the anticipation of progeny. It so happens, that this duplicate enjoyment is not always realized; the misfortune of such a privation, is of no small consideration in connection with social happiness;—the desire of offspring is so inherent in man, that, by the science of Phrenology, a certain characteristic development is assigned to the back of the head, as indicating the feeling which prompts it.

Without discussing the matter on this ground, it cannot be denied, that the desire is both natural and laudable; the power to gratify it must, therefore, be

a source of satisfaction to every rational man. It is, indeed, this *virile* faculty, which, after all the philosophy which has been preached, forms the true source of love. It is absurd to suppose, that the glowing and mutual affection, which subsists between the man and woman, who have plighted their vows of eternal attachment, has its origin from a sublimated and ineffable *something*, not ultimately or, in any sense, referable to the feelings and thoughts, which associate beauty of form, with sexual capacity for communicating pleasure. It would be an insult to the Creator, and a wrong to Nature herself, to deny that beings, designedly formed, with distinctive physical characteristics, befitted for the most congenial association, are susceptible of ardent attachments, irrespective of impressions, derivable from hopes and desires, suggestive of the procreative faculty. We do not say that love is identical with mere sensual ideas, or, that the grosser impulses of animal nature, are of its essence:—on the other hand, the fantastic and incongruous direction the passion, in its most intense degree, often takes, offers proof sufficient, that the more refined sentiments of the mind are *not* its life-spring. The poets, for this reason, perhaps, have placed the seat of love in the heart, by which we are to understand, that its true definition lies between the rational, and the sensual;—thus granting our proposition.

The truth is, that the purest and most refined form of sexual affection, has nothing more etheneal in its composition, than the instinctive promptings of Nature, which impel man to the legitimate accomplishment of her own wise purposes in peopling this earth. This, is confirmed, by the fact, that where mutual attach-

ments result in the marriage union, the bliss of consummation is proportioned to the ardour of the passion, mutually cherished before the event. Let us attend to what the great bard *Milton*, expresses on this subject.

"But follow me,
And I will bring thee where no shadow stays
Thy coming and thy soft embraces; he
Whose image thou art; him thou shalt enjoy;
Inseparably thine; to him shalt bear
Multitudes like thyself, and thence be called
Mother of human race." *Paradise Lost.*

Now, as the great Epic of Milton, is chiefly founded on Scripture, he has the highest sanction for thus beautifully depicting the enjoyments connected with the amative faculty, as a means of increasing the human species;—the *virile* power is thus the source of pleasure beyond its immediate organic action, inasmuch as it is invested with the principle of fertility, and thus becomes the great agent in perpetuating the endearing ties of parent and offspring; to which relation of life, are incident a thousand auspicious circumstances, tributary to the aggregate of social happiness. The possession of the faculty, unimpaired, affords a gratifying reflection to any man, who, in obedience to the promptings of his nature, seeks and obtains the society of one of the other sex, with whom he unites his destinies.

Accompanied with a healthy constitution, regularity of life, and temperate habits, virility is the crown of perfectability, in the animal functions of the Lord of the Creation. The blessings of health therefore, and the pleasures derivable from the lawful use of the procreative faculty, together make up much of the sum of happiness, which belong to mortals in their social and

relative capacities. Without health, indeed, the virile power is defective; a robust frame, untainted with disease, is a most important adjunct to the blissful prospects of a young man, about to test his capacity in fulfilling the marital rites. The object of his choice, as a wife, and a mother in *posse*, has a deep interest in the effect;—to be the progenitors of a blooming family is a matter of no little account in the endearments of domestic life;—the bare consideration of being the healthy instruments, in obedience to the laws of nature, of producing our own likeness, has a self-satisfying tendency. How unhappy are many married pairs, whose lot, from ill health, or physical incapacity, or both, is to live in discontent from want of offspring! But their own childless situation of itself, perhaps, is not the sole cause of their unhappiness; it gives rise to invidious reflections, jibes, and sarcasms amongst ill-natured or waggish neighbours; and thus, the unhappiness is increased by extraneous and adventitious means. The peace of a married couple is also, often disturbed, from the cause alluded to, by the recriminations and unjust inferences, to which it mutually gives rise; and, should the fault be obviously ascribable to the one party or to the other, from natural defect, or organic morbid derangements, occasioned by abuse, or excess, the consequences, as they affect the conjugal happiness of both, are likely to be of a very serious nature.

Marriage then, without the capacity to render it fruitful, with all the appurtenances even, of wealth and luxury, can seldom be productive of mutual happiness. The result of unions, formed under the physical disadvantage to which we have alluded, from whatever

cause originating, will too often answer the poet's description:—

"Sic visum Veneri, cui placet impares
Formas atque animos subjuga aheneo
Sævo mittere cum joco." HORACE.

"In brazen yokes, thus Venus binds
Ill-coupled forms and jarring minds;
And, gaily cruel, joys to see
The restless lovers disagree." *Free Translation.*

The details which we have given in the preceding pages, in reference to the various evils which are the consequence of impure habits, both as respects self-pollution, and excessive indulgence in sexual intercourse, as well as the ill effects arising from venereal diseases, when improperly treated, are designed to exhibit a picture, in which many an unfortunate sufferer, may observe his own likeness, and reflect, to the purpose, on the deplorable condition to which, by his own folly and indiscretion, he has brought himself; The physiological exposition we offer, is not designed to excite an itching curiosity; and, in laying bare the secrets of nature, as we found it necessary to do, in order to a proper comprehension of the true character and extent of the evils we have depicted, our object is not to gratify the idle, but to engage rather, the rational and serious reflections of the class, whose sufferings make them feel the want of that scientific knowledge, relating to the animal economy, which shall conduce to their relief. In this last department of our little Treatise, we might strengthen our exposition and arguments by a long list of cases, in testimony to the system of treatment we have so long put to a successful test; as this however, would

render the work too prolix, we shall only append a few, which we have selected from many thousands we have at command:—our readers will observe that we merely give initials,—the inference is plain;—the most inviolable secrecy in all cases may be faithfully relied on, all *consultations* being considered *strictly* CONFIDENTIAL.

14, Hart Street,
Bloomsbury Square,
London,
(First door in Bury Place.)

CASES.

CASE I.

Manchester, May, 1844.

Gentlemen,—I have to request your advice under the following circumstances. I am afflicted with a seminal weakness, and whenever I attempt to have intercourse, I am disappointed and greatly embarrassed by a premature emission of semen, which frustrates all enjoyment. Perhaps similar cases may have come under your notice;—my age is about 26. I am the junior partner in a manufactory here, and of active and steady habits; I was educated at a boarding school of considerable celebrity, and when about 14 years of age, was initiated into that horrible vice—self pollution—which I practised to a great extent for nearly six years, and which I am fearful, is the cause of my present debility. I have a slight discharge from the penis, frequently, for 3 or 4 weeks, without intermission, when it will cease; but I am entirely free from pain, with the exception of a peculiar dull feeling about the loins. My department in our establishment is the counting house, and I find my memory not nearly so good as it used to be;—after writing for a time, I experience great lassitude and an inclination to give up whatever I may be occupied about. Will you be kind enough to consider my case and communicate the result.

I am, Gentlemen, yours' respectfully,

To Messrs. D. D. Swayne and Co. J. H.

This gentleman became our patient and was perfectly cured in five weeks.

CASE II.

Bristol, June, 1844.

Sirs,—With the utmost shame, I confess of imbibing the baneful practice of self-pollution, but have now, with

the help of God, determined never to resume the abominable practice more. Observing from your advertisements that you are successful in all cases of this sort, but that you request one personal visit, this I cannot give at present; if it can be done without, by giving the following particulars, I shall rely on the best of your skill to send me suitable medicines to effect a complete cure, and restore me to my wonted health and vigour. Continued aching in all parts; rumbling noises, with strange soundings in my head; dimness of sight, and the back part of my neck a little swollen; sometimes, when long in one position, thinks my head inclines to shake; the nerves of the whole of my body are much affected, and if turning or bending, feel my joints stiff and always crack. Pains through the whole of my body, and if in a still position, standing on my feet, my legs incline to shake; have no appetite, and after meat, sickly, and often heave it up; troublesome and frightful dreams, and frequent emissions. My business is a retail grocer. I hope from the foregoing particulars you can judge pretty well the state of my frame, and shall be most willing to take any medicine you may send me. I enclose a Five Pound Note, and if not enough, will send more on receipt of the medicine. I hope you will delay no time in sending, as I feel most anxious, and Remain,

Your humble servant,

To Mr. Swayne and Co. W. G.

From the very urgent and severe nature of the symptoms in this case, we urged an interview, as we were fearful that it might terminate in paralysis. W. G. came accordingly, by appointment;—we found his statement rather underrated;—age 26,—appearance pale and anxious, but said, he was formerly florid;—habits temperate;—had practised onanism for some years, but had not, for 14 months previously to his applying to us.

Copy of a Letter dated September, about three months after.

Bristol, September, 1844.

My dear Sirs,—I am happy to inform you that since my last letter, I have had no emission; my head is quite better, and I feel my system quite strong. The

only inconvenience is a slight dimness of sight, and that is becoming less every day. My last medicine is just exhausted, shall I require any more? According to your permission I have made arrangements to get married at the end of the year.

I remain, dear Sirs, your grateful patient,

W. G.

From the Same.

Cheltenham, January, 1845.

My dear Sir,—According to promise, I write to let you know that I was married the first week in this month, and am as happy as I could possibly wish. I feel a debt of gratitude towards you that I am assured I can never repay; had it not been for your skill and kindness, what would have become of me, and I shall feel indebted to you whilst I have life. Believe me my dear Sirs,

Your grateful friend, and well wisher,

D. D. Swayne, Esq., W. G.

14, Hart-street, Bloomsbury-square, London.

CASE III.

Early in 1845, we received the following note, dated Cambridge.

Sirs,—I am very anxious to consult you on my case, and will wait on you, on Wednesday next, at about 12 o'clock. Your's obediently,

H. B.

At the appointed hour, H.B. called; we found him a tall, thin, young man; aged 23; of a cadaverous appearance, and dreadful nervous temperament;—we had considerable difficulty in soothing him, and arriving at full particulars of the Case, which was as follows.—He was a younger son of a high family, studying for the Church at the University; when a boy, and just previously to leaving school for College, he was initiated into the vice of onanism, which had obtained complete mastery over him, and he had practised it to a fearful extent. He was exceedingly timid, had never had sexual intercourse, and indeed, had not

entered very much into society, being devoted to study, and ambitious of obtaining scholastic honours. He suffered most severely from continual headache, with a noise in the ears; dimness of sight; frightful and lascivious dreams, accompanied with a seminal discharge, which always left a most racking pain in the loins; frequent desire to pass water, which occasionally appeared to be a little bloody; severe costiveness; and, of late, a great falling-off in memory. After some conversation, the reserve of H. B. diminished,—he gave us his entire confidence, and feeling a great degree of interest in his case, from the state of mind, and contrition he expressed for the sin he had been guilty of, we thought it advisable to state most explicitly, that unless he pledged himself solemnly, as a gentleman, and a man of honour, never to resume the vile habit, we should decline treating the case; upon this he fell on his knees, and emphatically declared before God, that he never would be guilty of the sin of self-pollution again.

He was under our care for 14 weeks;—we feel proud and happy to say, that we restored this young man to health and strength. He is now ordained, a married man, and has one child. In a most flattering letter, we received from him, after his marriage, he says, "When I applied to you, I could say in the words of the Psalmist—'I am distressed, I am bowed down greatly, I go mourning all the day long.'"

CASE IV.

Glasgow, 1845.

Gentlemen,—Having read your work, "The Medical Philanthropist," I beg your attention to my case which is as follows;—I am in my 25th year, and engaged in a responsible situation in a mercantile establishment. When about 15 years of age, and previous to my leaving school, I commenced the vile habit of masturbation, and such power did it obtain over my feelings, that I became quite a slave to its influence. I wish to state

my case in the most candid manner, you may therefore believe me, when I say, that I was not aware of the dreadful effects it would have on the constitution, until terrified by the following circumstance, which plainly shewed me the precipice on which I was standing. About two years since, I was hastily summoned to attend the death-bed of an elder brother, who had been under treatment of the best medical advice for consumption;—he died a few days after my arrival, but previously confessed to me, that he was a martyr to onanism, which he had practised daily, for a considerable period. I was in a state bordering on insanity for two months after my beloved brother's death, when I partially recovered from the shock. I pledge you my sacred honour, that I have never been guilty of self-pollution since, but I suffer severely from the past:—I am very nervous, my hands shake;—I have a settled pain in my chest, with a short dry cough, my eyes water, and at night, I fancy I shall become blind, and on one occasion, fell down in the street and was insensible for a few minutes. I have involuntary emissions about twice a week, and latterly, in having intercourse with a female, the erections are weak, and I do not feel much pleasure, indeed, the emission takes place almost immediately, to my great disappointment. Be kind enough to take my case into your consideration. I enclose your fee of one sovereign, please let me know what the expence will be to effect a cure, and, if you think it within the reach of your skill.

I remain, your obedient servant,

A. W. S.

Messrs. D. D. Swayne and Co.,
14, Hart Street, Bloomsbury Square, London.

The application, in this case, was a most fortunate circumstance, a little delay might have caused a fatal termination;—the short dry cough, and pain in the chest, indicated incipient consumption, as well as epilepsy. A. W. S. was perfectly cured in about 4 months, as the following letter testifies.

Glasgow, 1845.

Dear Sir,—My medicine is finished, and I have derived immense benefit from it, do I require any more? I feel quite strong, indeed a different person from

what I was a few months back, which I attribute under the blessing of God, to your treatment of my case.

I remain, dear Sir, your's sincerely,

A. W. S.

CASE V.

Norwich, 1845.

Gentlemen,—Having indirectly heard of your great skill, in cases connected with the organs of generation, I wish to consult you on my case. I am 35 years of age, and have been married rather more than 6 years; two children have been the fruit of our union, but neither of them lived. For a considerable period after marriage, I indulged in the privilege of a husband to an immoderate extent, frequently having intercourse twice during the night, and sometimes in the day; but for the last few months, I find great prostration of strength; and, becoming from bad to worse, at present feel quite incapable of the sexual act. This, I beg to add, is the cause of great anxiety to me, for I am more than ever attached to my wife, who is younger than myself; possesses considerable personal attractions and is formed in every way to afford delight in the marital act. My trouble is increased by a belief that exists in her mind, that I am cloyed by possession, and she is jealous, (without cause), supposing I have intercourse with other females. I was not guilty of any great excess before marriage, and, unless I can be relieved, life would become a burden. I must add that I have consulted a highly-respectable physician, whose prescriptions excited my imagination, but did not give me any increased degree of strength in the way I desire, and his observations gave me reason to suppose that he thought I was doomed to confirmed impotency. Pray do give immediate attention to my unhappy situation. May I hope you will be able to relieve me? I rely on your best efforts, and remain, yours very respectfully.

C. M.

If C. M. had delayed his application much longer, confirmed impotency must inevitably have been the

result;—in addition to his statement, we found the testicles rapidly wasting away. He was under our care for upwards of five months, at the end of which time, he was perfectly restored to health and vigour.

CASE VI.

A gentleman, holding a situation in a Government Office, called on us, some time since, in a state of great distress, and with a woe-stricken countenance informed us, that he had been married five weeks, but had not been able to accomplish the nuptial debt. He had just returned from his marriage tour, on leave of absence for a month; he was very unhappy, as his wife now began to manifest evident signs of mortification and disgust. On minutely going into particulars, we found his age 36;—a strong, hearty, healthy-looking man;—had never committed any great excess;—pledged his word, he had never been guilty of the act of self-pollution;—been moderate in his intercourse with females;—once had a slight gonorrhœa, which was readily cured by his family surgeon. His wife's age was 22; had paid his addresses to her for nearly two years, and was very much attached. On retiring to bed, his passions soon became greatly excited by the dalliance and endearments that generally precede the act, but, the moment he attempts to fulfil the marriage obligation, a premature emission takes place, and ends in shame and disappointment.

We found this a case that presented no great difficulty; the incompetence was caused by the close sympathy that exists between the mind and body, we took some trouble to explain this, and our friend admitted that he always, on approaching his wife, felt an anxiety to do the act well; and such an effect had it, that his heart throbbed the moment he went to bed. We laid down certain rules for his guidance, which he followed most implicitly;—one visit was quite sufficient, he called on us a week afterwards and declared he was the happiest of men.

CASE VII.

H. B., aged 28; connected with a mercantile establishment in the city, having indulged freely in sexual intercourse, found himself for a third time, affected with a severe gonorrhœa. On the two previous occasions, he was readily cured by his family surgeon, in about a month, and by the aid of injections;—this time however, the disease would not yield to the ordinary treatment, although various methods were tried for upwards of ten weeks. He became now, very much alarmed in consequence of the extreme pain he felt in his loins, as well as from a terrible eruption which appeared in various parts of his body. In this state, he was induced to apply to us, and by strictly adhering to our instructions, was perfectly cured in three weeks.

CASE VIII.

We were consulted some time since, by a gentleman, aged 24, preparing for one of the learned professions, who stated that he was suffering from indigestion and general debility. He was greatly annoyed lately, by a gelatinous discharge from the penis, always succeeded by an intense irritability of the generative organs, accompanied by a severe itching;—he was of a costive habit, and the discharge he complained of, frequently took place when at stool;—within two hours of his calling upon us this had occurred. On microscopic examination, imperfect spermatozoa were clearly discernible in the stains on the linen: this satisfied us as to the correctness of our opinion. In the mildest and most friendly manner, we stated the cause of his varied complaints, which at first, he denied in the most indignant terms; we persisted however, in the view we took of his case, and told him, if he became our patient, our treatment would be founded on that diagnosis, and, that if he thought we were in error, he had better decline our services. After some little hesitation, naturally caused

by the compunction of mind, following self-inflicted injury, he confessed, that he had been practising masturbation for many years: he had been initiated at a public school, when about 15 years of age, and, although he had made many resolves to give up the vile habit, being fully aware that he was destroying himself—he had not sufficient strength of mind to abstain altogether from the practice. He now owned his sufferings both mental and bodily were dreadful, his limbs ached, as if beaten with a stick, and his legs seemed too weak to support his body; one of his testicles was much larger than the other, and sometimes, very painful to the touch; his eyes were continually filling with water; and, if he gazed for a short time, at any object, he felt disposed to cry. Had not had intercourse with women for many months, and then, experienced little or no pleasure; indeed, felt averse to the society of females. Our first object, was to exact a promise from our patient to abandon a practice that would, if persisted in, hurry him to a premature grave; we stated the heavy penalty man would be called on to pay, for indulging in such gross sensuality;—we called on him to remember the duty he owed to himself;—to his friends;—to society;—to his Creator;—and at length succeeded in awakening his better feelings; and he solemnly promised, never to repeat the debasing act. We then undertook the treatment of the case, and, by prescribing such medicinal and dietetic rules, as the intricate nature of this patient's case required, we succeeded, in about four months' in restoring him to perfect health.

CASE IX.

H. W., a farmer, from the county of Northampton, applied to us under the following circumstances. He was 62 years of age; a hale, hearty-looking man; never experienced a day's sickness in his life; had a family of nine children; and had been a widower for six years. For the last two years, had been greatly distressed, in consequence of not being able to hold his

water; scarcely a night passed, but his urine escaped, once or twice, during sleep; and, during the day, he was necessitated to run out,—no matter where he might be,—every half hour; had consulted an eminent surgeon in his own neighbourhood, who, after giving him various medicines, had applied a blister to his loins, and kept it open with a drawing ointment. Had derived no benefit from it; he now wore a very ingenious vessel, adapted to the penis, which received the urine as it dropped.

It was some time before we could obtain a clue to the cause in this case. The man appeared as fine a specimen of a country farmer as we would wish to see, and had always been moderate in his living. At length, after close attention, and close questioning, he acknowledged that since he had lost his wife, he had practised self-pollution, at least, three or four times a week. He said, he was fearful of intercourse, as he dreaded disease, never having had it in his life. The cause of the incontinence of urine, in this case, was a paralytic affection of the sphincter of the bladder, induced by onanism. H. W., on the matter being properly represented, declared he never would commit the act again; and, in a few weeks, he was perfectly cured. The last time he called, he said that "he remained in bed all night, without having occasion to pass his urine; and, that he never was better in his life."

CASE X.

——————— 1846.

Gentlemen,—Having seen your advertisement in a London Paper, I was induced to obtain your excellent book, "The Medical Philanthropist," and lose no time in laying my case before you. I am 45 years of age, connected with an Iron-works in this neighbourhood; but am fearful that, unless I can be relieved, the state of my health will compel me to give up a lucrative business. My strength has been failing for a considerable time past, and I feel a trembling in every limb;

my sight appears injured; indeed, I can scarcely see at night, and, during the day, flies and dust seem floating before my eyes. I have a discharge of matter from the left eye occasionally, accompanied by a severe pain in the head; after walking a short distance, I feel great pain in the chest, and down to the side; but, what is very serious to me, I feel so much disinclination to attend to my usual employment, and am most averse to society. I have become very thin lately, and pass a large quantity of urine; my diet is plain, and am abstemious, with a poor appetite; about a week since, after making rather a better dinner than usual, I fainted away. This was preceded by a weight and sense of fulness on the chest; upon coming-to, I brought up a quantity of frothy blood. I have been under the treatment of several medical gentlemen without experiencing permanent relief. I enclose you your fee, and will answer any questions, if you think you can be of service to me, and remain, your obedient servant,

J. J.

J. J. called on us by appointment; we found the history of the case as follows:—Had practised onanism from the age of 17 to 26, but not to a very great extent; had then married, but unfortunately, had lost his wife, to whom he was much attached, within twelve months: Had then fallen, again, into the practice of self-pollution; being of a religious turn of mind, he thought it (to use his own words) "less sinful than fornication." This at once explained the cause of all his ailments; he was suffering from amaurosis, with incipient consumption. We proved to J. J. the incorrect view he was taking, and the sin he was committing, both against Nature and Morality. We undertook the treatment of his case, and he was perfectly cured within four months.

The last letter we received from him, we here insert.

My Dear Sir,—I have the pleasure of forwarding you a draft on ————, with many thanks for your unvaried kindness and attention. I have great pleasure in assuring you, that I feel quite strong. My eyes have recovered in a most wonderful manner. I have profited by our last interview, and followed your ad-

vice; I am engaged to a cousin of my late wife, and shall be married, God willing, in a few weeks.

Ever gratefully and sincerely thine,

D. D. Swayne, Esq. J. J.

14, Hart-street, Bloomsbury.

CASE XI.

We were consulted by a gentleman, aged 27, who laboured under a weeping from the penis, without the slightest pain; he occasionally had a copious emission of seed in his sleep, after which, the discharge would cease for two or three days. His general health was tolerable, but, whenever in the society of females, particularly if in conversation, or sitting next a lady, a partial erection took place, attended with a pleasurable sensation; which was succeeded by a discharge. There was a perceptible diminution in the size of his penis, of late, and the testicles had become very relaxed. He admitted to having practised onanism some years since, but had given it up to a certain extent, and was now, anxious to fulfil a matrimonial engagement, thinking it however, prudent to visit us before his union. We advised him to defer his marriage for a few months, which enabled us to restore the penis to its natural size, and to strengthen the seminal vessels; he was thus, enabled within the time we mentioned, to marry with safety, propriety, and confidence.

CASE XII.

Gentlemen,—I am 21 years of age, and have unfortunately given way for many years to a horrid practice. I am greatly injured in mind and body, my memory fails, and I have lost all energy; when reading or writing, a dizziness comes over my eyes; a dull noise and singing in my ears; an almost incessant stupifying head-ache, with low and dejected spirits. I

am melancholy and nervous;—upon being irritated, I tremble so much that I can scarcely stand, and I feel as if cold water was running down my back. I scarcely have any desire for venereal pleasures, very seldom an erection; when I speak with a female, I feel a cold shiver, and I tremble; my teeth chatter, my mouth becomes parched and dry, a slimy discharge runs from the penis, which seems cold and flabby;—my semen is thin and watery and a little blood appears, mixed with it. After making water, upon pressing the yard, several drops proceed from it, and a little time after, more clear water appears at the top. When I rise in the morning, I have a very bad taste in the mouth, and my tongue is covered with a thick coat of a yellowish colour. My mind is overpowered with these symptoms, I feel no pleasure in any thing; death, I fear, will be the only relief to my misfortunes; I am unfit for society, and a burden to myself. Can you relieve me, or am I beyond the reach of mortal aid? I am all anxiety for your answer; pray do not keep me long in suspense. I enclose you your fee, and remain,

Your's respectfully,

C. C.

REMARKS.

It may easily be imagined that our practice brings before us some desperate cases;—C. C.'s was one, exemplifying all the dire effects resulting from self-pollution. Here was a young man, heir to a good estate, with all worldly advantages, who, by a lengthened perseverance in a pernicious habit, had impaired his system and seriously injured his constitution. He had practised masturbation from the age of 14, and his genitals had not escaped injury; the brain, with the whole nervous system was affected, indeed, we had great difficulty in contending with his feelings, and in removing the belief, that he must soon die. A better fate however, was reserved for C. C.; we enforced upon him the necessity, of entirely giving up the destructive habit; and, upon his solemn assurance to do so, we began our treatment. From the complicated nature of his case, it was eight months before he was convalescent, and perfectly restored to health and vigour.

CASE XIII.

A gentleman applied to us, under the following circumstances. He was a master builder; aged 40; married 14 years; had a large and healthy family. About 12 months before he called on us, he perceived a sore on his right arm, and on his thigh; at first, he took no notice of it, but, after a time, finding that it spread over a larger surface, he consulted his family-surgeon, who treated it very lightly, and said, it would soon be well. He was however, mistaken, for the sores remained in the same state, and were the cause of considerable irritation and annoyance. He then applied to a physician, who put him under a course of mercury; this, soon had the effect of healing up the sore on the arm, but the one on the thigh became worse, looked very much inflamed, and discharged a considerable quantity of matter. Not being satisfied, he had further advice; in short, he was under several medical men, without success. The most curious feature in the case was, that if the sore on the thigh healed, the one on the arm got worse, and if the one on the arm healed, the thigh immediately became bad. He now determined on going to London, to consult an eminent surgeon, who, after considerable attention, strongly advised an issue in the leg, as the best and only means to get the sores to heal; he however, objected to this, deeming the proposed remedy as bad as the disease. In this state of perplexity, he saw our advertisement, and applied to us;—the sores were then, both open, and very deep, as he had not applied any remedy for more than three weeks. Upon questioning, we found that he had led a regular and domestic life since his marriage;—when a single man, was twice affected with syphilis, and, the last time, had a bubo, which was dispersed by the use of mercurial ointment. On close examination, we discovered an enlargement, about the size of a pea, in the groin, and without hesitation, pronounced it a case of secondary symptoms of syphilis. We at once placed him under a course of medicine, and merely dressed the sores with a simple lotion, to keep them clean; they soon commenced healing from the

edges, and we had the satisfaction of seeing them quite sound in about six weeks.

This case exemplifies one of the many that come under our notice, whose origin may be traced to syphilis, and where the venereal virus, not having been carefully and fully eradicated from the system, give rise to various maladies, after a long lapse of time;—at once demonstrating the propriety of consulting a practitioner, in venereal cases, whose attention is devoted to that branch of practice.

CASE XIV.

The following rather uncommon case occurred in our practice. The gentleman stands in a high position, enjoys excellent health, and we give the particulars by his express permission.

A. F. G.; aged 45 years; appointed to a situation in the Hon. East India Company's Service, was at Portsmouth in the year 1823, and, being on the eve of embarkation, dined with some friends, and passed the night with a female. Sailed on the following day, and after being out about 14 days, found himself affected with a virulent gonorrhœa. Although there was a surgeon on board, he most indiscreetly neglected applying to him; of course, by the time he arrived at Calcutta, he found himself in a most deplorable situation; phymosis of the most obstinate character; bubo; and indeed confirmed disease in its worst possible shape. He lost no time in applying to an eminent surgeon, who, immediately performed an operation for the removal of the foreskin; and he, moreover, underwent a severe course of mercury. The bubo burst before his arrival, and, although the most urgent symptoms were relieved, he found a continual discharge from the penis; this continued, although every plan of treatment, suggested by various professional gentlemen, was strictly followed out:—he was twice salivated without advantage. He was now recalled to England, early in the year 1846, by the death of his father; the discharge had continued for 23 years, and

the state he was in, when he called upon us, can scarcely be imagined. Although only 45 years of age, he appeared 65 at least;—sallow complexion;—extremely thin;—so deficient in strength, that his legs tottered with the weight of his body; in addition to this, he stated to us, he was so irritable, that a servant, walking across the room, affected him. He had no desire for women, and was obliged to take laudanum almost nightly, to obtain sleep. The treatment in this case was not founded on any specific system; we forbade the use of opiates, and laid down a plan, which soon had the happiest effects. After being our patient for rather more than two months, a visible improvement began to take place in his general health, after this he progressed rapidly; three months more, restored him to perfect health, since which time, we have been on intimate terms, and friendly correspondence.

CASE XV.

Saracen's Head, Lincoln,
May, 1846.

Sir,—Having heard of your great skill in all secret diseases, I wish to consult you on my own case. I have been suffering from stricture in the urethra for nearly 15 years; sometimes, I am much worse than others; I have consulted many medical men, they have always applied the bougie; but, I, generally, am confined for a few days, after its application, by a swelled testicle. The last time I applied to a professional gentleman, he passed the caustic bougie, I submitted with reluctance, but I suffered so severely, that I made up my mind never to undergo a similar operation. At times the difficulty of passing water is so great, that I suffer the greatest agony and misery. I am a commercial traveller for a Manchester house;—by no means intemperate; I enclose you your fee; an answer returned to the post-office, Hull, will oblige, Sir,

Your obedient servant,
M. S.

White Horse, Leeds,
June, 1846.

Dear Sir,—I have derived very considerable advantage from the package I received from you; a very slight discharge of matter has taken place, but I make water easier: pray send me a further supply of medicine to the George Hotel, Newcastle-on-Tyne.

Your's truly,
M. S.

Hotel, Newark,
August, 1846.

My dear Sir,—You no doubt, will think it strange I have not written to you; my medicine has been out three weeks, and I continue quite well and happy. My urine passes in a full stream; all discharge has ceased long since. I shall be in London shortly, and shall have the pleasure of paying my respects to you. I think no more medicine requisite, but I shall be entirely guided by your opinion.

Believe me, sincerely yours,
M. S.

P.S.—Answer to post-office, Leicester; or, if you wish me to take more medicine, address, White Hart Hotel, Leicester.

D. D. Swayne, Esq.

CASE XVI.

M. P.; a gentleman residing in the environs of London, consulted us on the following case:—aged 34; —Had contracted, about 8 months before, Gonorrhœa, for which he had used, under medical advice, a variety of remedies; Copaiba, Cubebs, &c. &c., and latterly, some powerful astringent injections. The discharge had ceased, but, after passing urine, there was generally a slight gelatinous discharge. He had an enlargement of the testicle, which was exceedingly hard to the touch; at this time, he noticed that he felt very little inclination for sexual intercourse, and, on passing the night with a female, found himself quite incompe-

tent. When he called upon us, he seemed greatly dejected, and his mental powers very much impaired; his bodily strength and general health rapidly failing. We commenced the treatment in this case, by giving tone to the general system, and, by a regular course of medicines, which he was then enabled to bear, he was perfectly restored to health and strength in about three months.

CASE XVII.

About two years ago, the following case came under our notice;—Y. Z., an acting partner in a large brewing establishment, about 80 miles from London, was induced to consult us. He stated that he had been subject to formidable attacks of syphilitic disease; the last time, had an ulcerated penis with buboes in the groin, We found he had been tampering with mercurial preparations, but under surgical direction; the apparent effect was favorable to the healing process of the chancres, which slowly gave way, and the buboes suppurated and healed. As his avocations exposed him to variations of temperature, and damp, he sometime afterwards, felt his system assailed with ailments, of rather an extraordinary kind, sometimes bearing a resemblance to rheumatism; and consequently adopted remedies suited to that disorder, but without advantage. His limbs were subject to aching twinges, and his throat was affected with an arid stiffness, which increased until he found deglutition difficult. Pains in his head, and shin bones, also added to his anguish. On inspecting his throat, we discovered that the palatal integuments had undergone an ulcerating process, which occasioned fetid breath and a haggard countenance. Eruptions were also visible in various parts of his body; and from the effects of the ulceration in the throat, the cartilaginous substance of the larynx, and trachea, the voice, in speaking, was impeded in its free and liquid utterance, indicating morbid injury, Viewing the case, as one in which the syphilitic action had

left very severe vestiges of its virulence in the secondary form, we availed ourselves of whatever circumstances of a favourable tendency, might be brought to bear co-operatively upon our mode of treatment; and bade our patient take courage, in the spirit of the classical adage;—*nil desperandum*. The case was not without its difficulties. but they were successfully overcome, and a cure effected. It would be tedious to detail the different stages of treatment; and we conclude our account by stating, that at the time our patient was under our care, he was a bachelor; he has since married, and we lately received the following letter from him.

My dear Sir,—I beg to apologize for thus delaying to acknowledge your friendly congratulations. I feel quite strong, and am happy to say, have realized that enjoyment in my change of condition, which you encouraged me to expect. My present happiness greatly enhances my obligation to your professional skill, and I shall always retain a lively sense of your kindness and attention. Believe me, my dear Sir, ever gratefully and sincerely yours,

Y. Z.

D. D. Swayne and Co.,
14, Hart Street, Bloomsbury, London.

CASE XVIII.

Gentlemen,—Having made too free with the detestable vice of Onanism, I find my constitution so enfeebled, that I am totally unfit to attend to my avocation, (that of town traveller to a wholesale house). My age is 26 years, and I have practised the wicked course, for the last five years, but I have made a firm resolution, not to repeat an act, so revolting to the laws of Nature and common sense, again. I find that, when with a female, the penis suddenly drops, and I am compelled to retire, before effecting my object. Unless I can be relieved, I fear I should be forced to resign my situation, as my mind is greatly disturbed and weakened, as

well as my body. I enclose you your fee of £1., and shall feel obliged by your attention.

I am, yours, respectfully,

A. A.

A. A. was perfectly cured in 2 months.

CASE XIX.

Oxford————

Gentlemen,—Having indirectly heard of your celebrity, I beg to submit my case to you. About 3 years since, I had intercourse with a female, when in London, and shortly after, found myself affected with virulent gonorrhœa. I applied to my doctor, who kept me on hand for nearly five months, and stated, it was the most obstinate state of clap he had ever met with; the discharge was stopped at last by the use of an injection. A few months after this, I found a slimy discharge from the penis, and observed my linen a little stained; —You will please to observe, that I had not had intercourse again, indeed I felt little inclination or desire. I called on a physician who pronounced it a gleet; after some time, I applied to another gentleman, but, I am sorry to say, I remain in the same state, and what makes it worse, I am most anxious to get married, but am afraid to do so. The truth is, I fancy my penis is getting smaller, and the erections are exceedingly weak. Now sir, if you think you can cure me, I shall wait on you without delay, and

Remain, your obedient servant,

J, O.

Oxford————

My dear Sir,—I have finished the last medicine and feel assured that I am quite restored; the lotion has had the effect of restoring the penis to its original size; and I never experienced such strong erections. I intend to be married within the next fortnight. Accept my grateful thanks for your skill and attention, and believe me, with sincere respect,

Yours truly,

D. D. Swayne, Esq. J. O.

CASE XX.

Plymouth———

Gentlemen,—I have been unfortunate enough to practice the vice of Onanism; and, owing to my warm passions to some extent, the only excuse I can make in palliation, is the nature of my profession, the sea, which deprived me of female society. But I must assure you, that I have successfully resisted for upwards of 12 months, and pray to God to strengthen me, so that I may never again commit so detestable a crime. I have been well educated, my father being a clergyman; but my desire for a roving life, caused me to leave home when about 15 years of age. I was initiated into vice by a companion, when 17, and repeat, that I have continued the dreadful career till about a year since. My age is 28; I am master of a ship; of regular habits; stand 5 feet 10 inches, and was, at one time, rather stout, but latterly, have been gradually wasting away, and I feel a strange giddiness in my brain. I have noises in my ears, my eyes are red, and I frequently cry involuntarily, I feel a sensation down my back that I can't describe, and my gait is unsteady sometimes, as if I had been drinking, although I abstain entirely from wines or spirits. I have a troublesome cough, and difficulty of breathing; the fear of death frequently crosses my mind, and at such times, my heart palpitates to a painful extent. I must add, that the organs of generation are greatly shrunk in size, although perfectly formed, and when I attempt to have connexion, I most frequently fail, and if I succeed in getting an erection, an immediate emission satisfies me that the enjoyment is solitary, and not participated in by the female. In conclusion, as I wish to have no concealments, I beg to inform you, that I am most anxious to fulfil a matrimonial engagement to a young woman, most dear to me for many years. I wish you to take my case into your serious consideration; if it would be in your power to restore me, tell me so; money is no consideration, nor do I value it; my anxiety is to get well. I enclose a £5 note, and beg a reply in a day or two.

I remain, Gentlemen, your humble servant.

W. R.

Plymouth———————

Dear Sir,—It is with great pleasure I have to inform you, that I feel considerable improvement in my health; the last package has removed every unpleasant symptom. Please to forward me a fresh supply immediately. I have implicitly followed your advice, and shall not marry till I return from a voyage to Barbadoes.

I remain, yours truly,

W. R.

Extract from a letter received from Captain W. R., dated Liverpool, exactly eight months after his first application.

"I have just arrived from the West Indies. Accept the grateful thanks of one, who will always consider himself indebted to you; the last tonic medicine you sent to Plymouth, did wonders for me; I feel light-hearted and truly happy. I leave my ship in charge of my Mate, and proceed home to get married, feeling perfectly competent. I shall always acknowledge with the deepest gratitude your kindness, attention, and humanity."

CASE XXI.

Gentlemen,—Having lately perused your work "The Medical Philanthropist," I wish to consult you on my case; and, as my symptoms are of a most painful and distressing nature, your immediate attention will confer an everlasting obligation on a most unhappy being. At an early age, I was initiated into the horrid habit of self-pollution, and practised it at intervals for many years; though rather of a delicate constitution, I do not recollect feeling any ill effects from it for two years, at the expiration of which time, I became alarmed by frequent involuntary seminal emissions, followed by a sense of extreme debility. My appetite is bad; I have great weakness in my back; my memory is dull and wandering; my sight impaired; I have violent pains in my head and various parts of my body; and, to add to my distress, I found lately, on attempting intercourse

with a female, that I am completely impotent;— a seminal discharge, taking place before connexion. Under these distressing circumstances, I now consult you; I trust my case is not hopeless, and anxiously wait your answer. I enclose you one pound, and wish to know what further pecuniary remuneration may be required.

I am, Gentlemen, yours,

H. H.

CASE XXII.

A Gentleman, who had just returned from a continental tour, consulted us.—Three years before, he had contracted Gonorrhœa, which terminated in gleet; he had been under the care of several gentlemen, the last, a practitioner at Berlin, who prescribed an injection, which brought on swelled testicles; besides which, he suffered from stricture. The immediate pain and swelling, had been relieved by repeated application of leeches, but the smallest exposure to damp, brought on a return. We were fortunate, by our remedies, to induce a considerable discharge from the penis, which we encouraged by all possible means; this soon removed the hardness in the testicles, and our patient was perfectly cured in ten weeks.

CASE XXIII.

My dear Sir,—I have just returned to town, and lose no time in addressing you; I have had no nocturnal emissions, my general health is excellent. I have paid the most particular attention to your directions respecting diet; my last medicine was exhausted about sixteen days back, and, I am happy to inform you, that on indulging in sexual intercourse last week, I found my powers greatly increased. There appears to be

more muscular force in the penis; the act of coition was performed by me, in a most energetic and satisfactory manner. My intention is to return to America, by the next steamer; I shall call and say, farewell, before I leave London. Believe me, my dear Sir, that although I may express myself in the cold transatlantic language of my native land, that I shall always feel a debt of gratitude towards you, that distance will not lessen, nor time obliterate. How can I feel otherwise? Your kindness, the mild and impressive manner that you adopted in pointing out the cause of all my troubles, and the consolation you afforded me, in holding out hope of my restoration (since so fully realized), can never be forgotten by me. When I left my home and connections in Staten Island, they fully expected they had parted with me for ever; and my brother, who left me at New York, did so with a heavy heart, I return to them, restored to health, and with spirits, that will impart gaiety to my family circle. You have my address: if I can, at any time, be of service to you or your friends, command me; I shall do myself the pleasure of writing to you when I reach New York.

I remain, My dear Sir, very faithfully thine,

* * * *

Long's Hotel, Bond Street.

CASE XXIV.

R. D. J., by profession a land surveyor, aged 32 years, came to town for the express purpose of consulting us. Had contracted the venereal disease about three years back; it first made its appearance in the form of chanere, inside the foreskin; and he paid no attention to it, merely dressing it with simple healing ointment. He now found a difficulty in walking, and on applying to a surgeon, was informed that a *bubo*, was forming in the left groin, and that it would be necessary to undergo a course of mercury. He was confined to the house for six weeks; the bubo was opened, his mouth made sore, and shortly after, he was

pronounced cured. Had not had sexual intercourse since, but admitted, he had occasionally practised onanism. His appearance, when he called on us, was most alarming; the body was profusely covered with a copper-coloured eruption, on the top of which, there was a thick scurf; there was a peculiar hoarseness in the voice, and, on examining the throat, we found the palate and uvula, ulcerated in a manner, clearly indicating its origin, to be of a syphilitic character. Besides these very severe symptoms, R. D. J. was suffering from an irritative fever, and was exceedingly nervous;—he had copious emissions of semen, about twice a week, which caused him great annoyance. We undertook the case, although its appearance was very unfavorable. It would be tedious and unnecessary, to enter into details of our treatment; suffice it to say, that in ten weeks, our patient was a different man. We then placed him under a course of tonics, and sent him into Herefordshire, his native county, for three weeks, and he is, at this time, as hearty and strong a man as ever.

CONCLUDING REMARKS.

Having selected a few, out of the many thousand cases in our possession, we wish it to be clearly understood, that we give them, merely as illustrative of the disorders, it has been our peculiar province to treat:—it is not our intention to add to their number in any future edition of this work. It must be admitted that, the practitioner who confines himself to a peculiar sphere of practice, and devotes his exclusive attention to that department, must be in possession of resources, of no ordinary advantage to that class of sufferers, who require his assistance; and, it cannot be disputed that, the disorders on which this Work treats, must materially affect the happiness and longevity of mankind. Longevity and happiness, if not invariably, are generally coincident; if there may be happiness without longevity, the converse is not possible;—there cannot be longevity without happiness. Unless the state of the body be that of tolerable health, and the state of the mind that of tolerable enjoyment, long life is unattainable. These physical and mental conditions, no longer existing, the desire of life, and the power of enjoying it, cease together; no greater inroad can be made on happiness, than an abuse of the virile powers; so wisely are the organs of generation constructed,—so sympathetic in their action,—so complicated and withal so sensitive, that excess or error, affect the whole system.—In again adverting to the cases we have selected, we must state, that our mode of treatment is, by no

means, speculative, but grounded on a professional education, and an elaborate study of the theory of the human constitution. We can be personally consulted at our London Establishment, with the closest regard to privacy;—for the advantage of those, who cannot visit town, we have resources quite available for country correspondence, which is carried on punctually, until our patient is cured. We have verified in our own experience, the pleasure that must result to the philanthropic practitioner, from the knowledge that disease has been removed, and powers restored to many children of affliction, redeemed from the bed of torment and decay, and restored to Health, Comfort, and Happiness.

NOTICE TO PATIENTS.

The Authors of this Work, having for upwards of twenty-five years, devoted their exclusive attention to the treatment of diseases connected with the organs of generation, as well as nervous disorders, originating from causes so fully treated on in this publication, may be consulted personally from *ten* in the morning until *three*, and from *five* in the evening until *nine*, daily, (on Sundays, from *ten* till *one*) at their Residence,

14, HART STREET, BLOOMSBURY SQUARE, LONDON,

FIRST DOOR IN BURY PLACE.

COUNTRY PATIENTS

Are informed, that by forwarding their communications per post, they can have the remedies, applicable to their several cases, forwarded by *initials*, to any part, in a portable compass, carefully secured from observation; and they may be taken without confinement or hindrance from business. Patients are requested, for their own advantage, to be as minute as possible, in detailing their Symptoms, Duration of Complaint, Age, Habits, Occupation in Life, and every particular. The communication must be accompanied by the usual *fee* of one pound, or a post-office order for that amount; without which, no notice whatever can be taken of their application. Every case is considered strictly *confidential:*—the most *inviolable secrecy* may be relied on.

Messrs. D. D. SWAYNE and Co. beg to impress on their patients, the great advantage to be derived from *one personal interview*, which would certainly enable them to form a clearer and more precise opinion of the nature and character of the case; and the celerity and increased certainty of the cure, would much more than repay the trouble and expense of One Journey to London.

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